



Connections

Your SMHC Newsletter

June 2024

TABLE OF CONTENTS

GOVERNANCE & MANAGEMENT REPORTS .. 2	WORLD OCEAN DAY - JUNE 8TH11
BOARD OF DIRECTORS REPORT 2	DOLPHINS.....11
GENERAL MANAGER'S REPORT 3	THE AMAZING OCTOPUS12
FROM THE TEAM AT B50 3	PRIDE MONTH PRIMER: A BASIC GUIDE TO TERMS AND CONCEPTS YOU MIGHT BE UNFAMILIAR WITH.....14
OUR RETROFIT4	A PERSONAL HISTORY OF PRIDE15
TIPS, SUGGESTIONS & EXPERIENCES 4	NATIONAL ICE CREAM DAY.....17
COMMITTEE REPORTS..... 6	JUST FOR FUN! 18
GRIEVANCE & RESOLUTION COMMITTEE..... 6	RECIPES18
NEWSLETTER COMMITTEE 6	Popcorn Crunch.....18
ENTERTAINMENT & SOCIAL EVENTS COMMITTEE 6	Sauerkraut Casserole.....18
GUESS THE JELLYBEANS CONTEST 8	Quick Potato Casserole.....19
COMMUNITY NEWS..... 9	Chicken A La King.....19
RUTLAND PARK COMMUNITY ASSOCIATION 9	CLASSIFIEDS..... 20
TELUS Spark Science Centre Tickets..... 9	CALENDAR 22
RPCA Neighbour Day..... 9	CONTACT INFORMATION..... 23
SACHA / TELUS Partnership10	OFFICE AND SHOP CONTACTS.....23
EDUCATION & AWARENESS 11	COMMITTEE CONTACTS 2024-2025.....24



Land Acknowledgement

For hundreds of years the people of the Treaty 7 region of Southern Alberta have been building communities on this land known as the gathering, place where the Bow and Elbow rivers meet. In the Blackfoot language, it is called Moh'kinsstis. The Îethka Nakoda First Nations refer to this place as Wichispa and the people of the Tsuut'ina Nation call it Guts'ists'i.

In the spirit of respect, reciprocity, and truth, we honour and acknowledge the traditional territories and oral practices of the Blackfoot Confederacy comprised of the Siksika, Piikani, and Kainai First Nations; as well as the Tsuut'ina First Nation and the Îethka Nakoda First Nations, comprised of the, Bearspaw, and Good Stoney First Nations. We acknowledge that this territory is home to the Otipemisiwak Métis Government of the Métis Nation within Alberta Districts 5 and 6.

We acknowledge all Nations – Indigenous and non – who live, work, and play on this land, and who honour and celebrate this territory. We honour the original caretakers and protectors of this land who made their homes here, shared their stories here, educated their youth, and continued their traditions here. Sarcée Meadows is honoured to continue this tradition of creating inclusive communities and to celebrate this territory we now call home.

BOARD OF DIRECTORS REPORT

Summer is upon us, bringing longer days, warmer weather, and plenty of opportunities for fun and relaxation.

First and foremost, we want to congratulate all our K – 12 students for finishing another grade! Your hard work has paid off; now it's time to enjoy a well-deserved summer vacation.

We have two upcoming events:

- **Yard Sale:** Mark your calendars for June 15th; our community yard sale is just around the corner. This is a great chance to find new treasures and connect with your neighbours.
- **Members Meeting:** Remember, our next members meeting is on June 20th. Registration starts at 6:30 PM, and the meeting kicks off at 7:00 PM. We encourage all members to attend and participate in the community discussions.

We'd also like to take this opportunity to thank everyone who serves on our committees. Your dedication is greatly appreciated. Enjoy your break over the next few months, and we look forward to seeing you refreshed and ready to go in the fall.

Additionally, with summer activities ramping up, you may now turn on your outside taps if you haven't done so already. Speaking of water, please be mindful of your usage. We've noticed a significant spike in water consumption in Sarcee Meadows. We urge all residents to conserve water where possible. Simple steps like fixing leaks, watering your garden during cooler parts of the day, and using water-efficient appliances can make a big difference.

Thanks for your attention and cooperation. Have a fun and relaxing summer!

Respectfully submitted by Rebecca Breland on behalf of the Board of Directors



GENERAL MANAGER'S REPORT

Due to Jon Jackson attending CHF Canada's Annual Meeting and Co-operative Management Conference in Winnipeg during the first week of June, he is not able to provide a General Manager's Report for this month.

Stay tuned for all the news and updates from the CHF AGM, the Co-operative Management Conference, and the Member Education Forum, provided by Jon Jackson as well as Directors Rebecca Breland and Wendy Wilson, in the next issue of Connections!

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 during business hours whether in the office or working from home.

The shop and office will be closed on Monday, July 1st, 2024 for Canada Day.

Ground Guys Lawn Cutting Schedule: The Grounds Guys team will be following a four day a week cutting schedule from Tuesday to Friday. Please check the list below carefully and ensure that your yard is clear on your scheduled day. This includes kids toys, lawn furniture, and most importantly, pet waste!

This year's schedule is as follows:

Day 1:	Tuesdays
	B, A, and L
Day 2:	Wednesdays
	K, J, and "Top" of H (H511 to H563)
Day 3:	Thursdays
	"Bottom" of H (H481 to H508), G, F, and E
Day 4:	Fridays
	D and C



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 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.

Our Retrofit

This is a Member Driven column, jointly supported by the Newsletter Committee and the Education, Involvement, and Awards Committee to help us all navigate through our Retrofit Project. It is place to gather ideas and input from those who've already gone through the Retrofit. All members are free to submit their experiences, helpful hints, suggestions, and questions. As well members are welcome to offer assistance or request assistance in preparing for construction start dates. Submissions can be emailed to RetrofitSMHC@gmail.com or dropped off at the office marked "Our Retrofit".

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

TIPS, SUGGESTIONS & EXPERIENCES

This month we are very happy to share some wonderful contributions from a few of our members.

First up are Rick and Shirley Wright who have shared how their ERV installation went. Then we have an awesome and enlightening article from Kathy Aubichon on what to expect and how to prepare for when you have your window casings removed to measure for the brand-new windows! Lastly is a joyful update from Betti McLellan who was our very first contributor to the Our Retrofit column. It may have been a long road, but Betti is clearly happy to be nearing the end and enjoying the results!

Please enjoy these contributions and please, let's all keep engaged, positive, and supportive of each other through what we all know is a disruptive and stressful process.

Respectfully submitted by Rick and Shirley Wright:

"We had the ERV installation done in our unit and wanted to share our comments with you. We were somewhat dreading having it done but we now have nothing but positive comments and thoughts on the process. It took most of the day to complete and the work was done by Shawn, Carl, and Carlos. They did a great job and we found them to be hard-working, efficient, and very careful when they did the work. Despite the equipment, pipes, etc. that they brought in, there was no damage done to walls, etc. They did a great job of cleaning things up and Shawn took the time while the work was being done to explain what was happening and to answer any questions we had. As previously mentioned, plan ahead, be organized and be as prepared as you can be for the work that needs to be done."

Respectfully submitted by Kathy Aubichon:

"The retrofit is moving along quickly and SMHC is transforming into something spectacular.

It was our turn to have our window casings removed so I asked Jon Van Camp some questions to be sure that we were well prepared for this. Thanks to Jon and the retrofit crew the casings removal was a smooth process.

I asked for instance, we have two beds near windows, should we be covering them up with plastic so asbestos doesn't get on the blankets?

Jon V. said:

- The beds will be fine, we HEPA vac as we go with the removal and everything in the work area once we've done a room.
- The actual risk of asbestos is so low from the casing removal that our only requirement for you is that you not be standing next to us while we're working, we've had lots of consultation with WSP Hazmat and done air monitoring in one unit per building all with good results.
- We will be wearing respirators and coveralls because of OHS regulations, but really even that is overkill for this.

Jon V. and Will arrived at our unit at 9:15am sharp as scheduled. We had all of our curtains removed but had left three blinds up. First thing we did was showed Jon our three windows that have blinds and asked if we would have to remove the blinds. Because they were all three on the inside of the window casing they thankfully didn't need to be removed. Jon and Will went from room to room taking off the casings. We have ceramic tile below the kitchen window which we worried would get cracked. Jon and Will worked very skillfully and there was no damage at all. They were in and out of our unit in less than 2 hours.

Half an hour after Jon and Will left, Tyler from CANA came and measured all of the windows. It took him 15 minutes tops. He said that our new windows would now be ordered, and he would see us in six to eight weeks. I told him that's great, it will give me time to buy new blinds to have ready for the new windows to arrive. Tyler advised me to hold off ordering new blinds until the new windows and casings are installed in case the window size changes even ever so slightly it can affect the size of blind to purchase.

As soon as Tyler left, we washed all of our curtains and rehung them. We will take the curtains back down in six to eight weeks when the new windows arrive.

Thank you again to our retrofit crew/staff/volunteers for patiently answering all of our many questions and putting our minds at ease. The Best is Yet To Come!"

Respectfully submitted by Betti McLellan:

"Well, Yaddo Yo and hold the bananas!

We now have decks, steps, a deck roof, and a ramp. Looks like things will soon be completed here at F411. Everything is looking lovely and sure makes life easier. We will soon be able to get out and tidy up the yards and get some flowers growing.

OK, now give back the bananas because I want to make a banana split to celebrate!

Smile, as things really don't take forever, sometimes it just seems that way."

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



Committee Reports

GRIEVANCE & RESOLUTION COMMITTEE



Hello fellow members!

Your grievance committee is looking for more volunteers to join us. If you were thinking of giving back to your community by volunteering please consider joining us.

We handle any member grievances as they come in and we take turns checking on the mailbox as a team. We typically have hybrid meetings but only

when new grievances come in so it would be a smaller time commitment to join this committee.

Please forward any interest or questions to my email kadai616@mtroyal.ca, I am looking forward to connecting with you.

Thanks,

Kaitlin, Chair of the Grievance & Resolution Committee

NEWSLETTER COMMITTEE

Hope you enjoyed the May long weekend, although it rained a lot of the time. However, the moisture we did receive certainly helped ease the dry conditions and now many of us are waiting for a few sunny days to get our gardens planted and the rest of the yard work done.

We have some new articles we have written for this edition as well as recipes and other items of interest. Thank you to our members who sent us their experiences regarding the Retrofit. Please continue to send your comments, ideas and suggestions to us. The more information we have, the better prepared we will all be when work begins on our units.

This month we celebrate Father's Day! Thanks to all the dads out there for all their loving and caring and for being there to help out when there are things that only dad can help us with. Enjoy the day!

The Canada Day long weekend is coming up and we wish you all a safe and happy holiday.



Lastly, we have a new contest for you this month. As far as classic contests go this one is an oldie, but a goodie ... and with a new twist!

Be sure to check out the **Guess the Jellybeans Contest Page** further in this issue!

ENTERTAINMENT & SOCIAL EVENTS COMMITTEE

Lawn Sale & Neighbour Day: It's almost here! Check out all the details in the Lawn Sale flyer on the next page!

Stampede Breakfast - Saturday, July 13th, 2024:

Yahoo! Come on down to B50 for a good ol' pancake breakfast from 9:00 am to 11:00 am.

Due to construction this will now take place in front of B50. Parking restrictions for the B50 will be in place as of 4:30pm on Friday July 12th to ensure we have enough safe space. Thank you in advance for your cooperation.

Summer BBQ Saturday, August 17th, 2024:

Details are still being planned but you can be sure that there will be lots of food, treats, games, and family fun!

Volunteers Needed:

We are always looking for extra hands so if anyone would like to volunteer to help at any of these events, please reach out to Janine by email at janine@sarceemeadows.coop or by phone at 403-246-2746, Ext. 102.



SMHC LAWN SALE

Saturday,
June 15th, 2024
9 am - 4 pm



Celebrate Neighbour Day 2024 by visiting with your SMHC neighbours, maybe sell them a trinket or two, or buy some new treasures of your own from your neighbours!

Location: Along Sarcee Road, 40th Ave, 44th Ave, and at many other units throughout Sarcee Meadows.

Entry Fee: FREE!

(Please refer to the Lawn Sale Guidelines in the member handbook. This can be found on our website at: <http://sarceemeadows.coop/members/member-resources/member-handbook>)

PLEASE NOTE:

If you plan to set up a table, please contact the office by Thursday, June 13th to register your participation and indicate where you will be setting up (Unit # or Street Name). We want to be sure that all units and street locations are properly advertised and that we place our signage appropriately so that plenty of bargain hunters can find you and all your wares!

Contest!

GUESS THE JELLYBEANS CONTEST

Who can forget the many school fairs, trade shows, and even some of our own committee fairs where attendees were tempted by a classic jar (or bottle) full of delicious jellybeans?! All you had to do to get those jellybeans all to yourself was guess how many of them were in the jar! Simple, right?

Well, we are giving this fun little contest a try but with a minor twist. Can you guess the number of jellybeans with just a few pictures? Now is your chance to give it a shot! Study the pictures below, make your guess, fill out the entry form and drop it off at the office by July 2nd, 2024. The closest guess to the correct number of jellybeans, without going over, will win the whole bottle! (The bottle can also be seen at B50. 😊)



NAME: _____

UNIT #: _____

HOW MANY JELLYBEANS ARE THERE IN THE BOTTLE?

Community News

RUTLAND PARK COMMUNITY ASSOCIATION

TELUS Spark Science Centre Tickets

Once again the Rutland Park Community Association has a **limited number** of TELUS Spark tickets available to give away for free! We appreciate TELUS offering these free tickets to our community, especially in these difficult financial times.

If you are interested in booking tickets, please provide the following information:

- Name & Age of each child
- Name of Adults (& if any are seniors)
- Date that you want to visit TELUS Spark

Send this information to Karen at: outreach@rutlandparkcommunity.com



NEIGHBOUR DAY

JUNE 15, 2024 (SATURDAY)
12:00pm – 3:00pm

RUTLAND PARK COMMUNITY SKATE SHACK AND PARK

- BBQ – HOTDOGS AND HAMBURGERS – DRINKS AND SNACKS
- BOUNCY CASTLES
- GAMES
- SIDEWALK CHALK DRAWING
- FACE PAINTING

Funded by the RPCA

Rutland Park
COMMUNITY ASSOCIATION

ORGANIZED BY: DANNY GREENE
M REAL ESTATE GROUP RE/MAX FIRST REAL ESTATE GROUP
DANNY@CALGARYAGENT.COM 403-605-6626

ALL RESIDENTS OF RUTLAND PARK, CURRIE AND LINCOLN PARK ARE WELCOME

SACHA / TELUS Partnership

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

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

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



We've got your back.

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



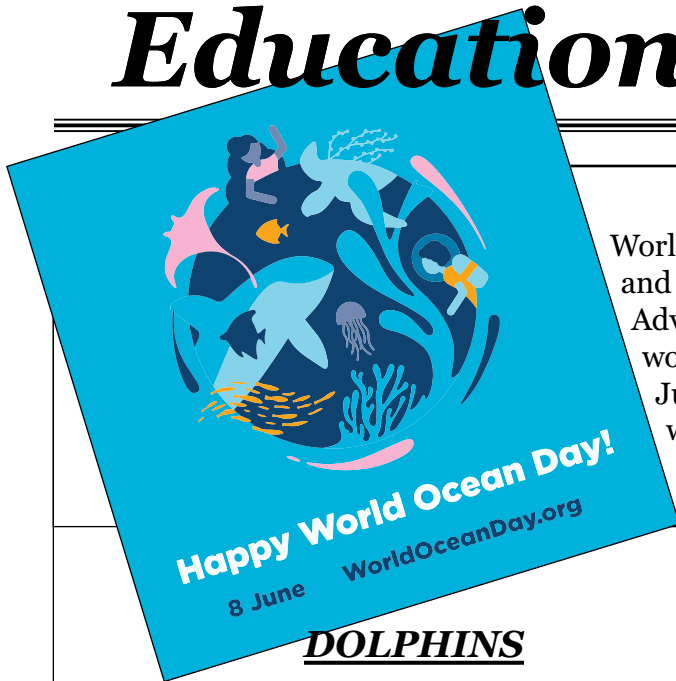
Whether you're a new or existing TELUS customer,
sign up with no term and **save 40%** each month
on any Optik TV® and Internet product.¹

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



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

Education & Awareness



WORLD OCEAN DAY - JUNE 8TH

World Ocean Day catalyzes collective action for a healthy ocean and a stable climate. Powered by the World Ocean Day Youth Advisory Council, World Ocean Day helps unite and rally the world to protect and restore our blue planet on the 8th of June! The movement supports collaborative conservation, working with its global network of youth leaders and 2,000+ organizations in 150+ countries, and providing free and customizable promotional and actionable resources.

DOLPHINS

Respectfully submitted by Wendy Thomson

Dolphins are known for being one of the most intelligent animals in the marine kingdom. Their brains are highly developed, and they have behaviour patterns similar to humans: they recognize their social group partners, socialize, play, and communicate with each other in many different ways. The three main ways that they communicate are: whistles, echo location and social communication.

Although dolphins swim in water and appear to be "fish-like" compared to other animals living in the ocean they are classified as "cetaceans" (marine mammals) and not fish. Included within the cetaceans classification are whales and porpoises.

Dolphins range in size from 1.7 meters long (5ft 7 in) and weigh 50 kilograms (110 lbs). Some dolphins can briefly travel at speeds of 29 kilometers per hour (18mph) and leap about 9 meters (30ft).

The biggest member of the dolphin family is the orca (killer whale). Orcas live in the Arctic and Antarctic as their large size means they have more protection against the harsh, cold, and freezing waters. Most dolphins prefer tropical and temperate waters as they are warm-blooded. Large male whales grow up to 9.8 meters (32ft 2 in) and weigh up to 10,000 kilograms (22,046 lbs). Their black dorsal fins grow up to 2 meters (6ft 7in). Maui dolphins can grow to 9.5 meters (31ft) and can weigh 10 tons.

Porpoises are smaller than dolphins being less than 2.5 meters (8ft) long. They are darker than dolphins, have a small head, little or no beak and a small triangular dorsal fin.

Dolphins live in groups called "pods". They have a lifespan of 20 years for smaller dolphin species and to 80 years or more for larger dolphins, such as orcas.

Dolphins use their conical teeth to capture fast moving prey and well-developed hearing - which is adapted for both air and water. It is so well developed that some can survive even if they are blind. They feed largely on fish and squid, but a few such as the orca feed on large animals such as seals.

They sleep in an unusual way, as do whales, called "unihemispheric slow-wave sleep". It basically means that they sleep with only half of their brain. Over a period of 24 hours each side of the dolphin's brain gets about 4 hours of sleep.

Dolphin habitats can be found around the world from tropical to temperate regions. They are found everywhere, from open oceans to coastlines and to river basins. Some are migratory and can adapt well to changes in their environment.



Other species are closely tied to one place and come under great threat when humans begin developing the area.

Dolphins are currently facing a lot of threats including climate change, pollution including trash and debris, aggressive fishing operations such as fishing lines, fishing hooks and discarded netting. Netting poses the biggest threat because even if the animal manages to free itself, the resulting wounds attract predators and leave them vulnerable to infection. We still have a lot to learn about these mammals so in the meantime let's do our part to be sure we are not adding to the threats the dolphins face.

If you get a chance during your summer vacation to visit a zoo, aquarium, or sea life park, be sure and stop by to see the dolphins.

Do any of you remember the television show called "Flipper"? I do recall watching and enjoying the show every week.

The Amazing Octopus

By Theresa B

Have you ever heard of an animal with not one, not two, but three hearts, and eight arms? Meet the octopus, one of the coolest sea creatures ever!

The Masters of Disguise

An iconic ability of the octopus is their power to change color and texture almost instantly, like the chameleon. It can blend into its surroundings to hide from predators and possible prey. Some octopuses are capable of mimicking the looks and movements of other animals, such as sea snakes or lionfish, to scare away danger. Sea snakes and lionfish are both venomous creatures, so they do not have many predators!

Three Hearts and Blue Blood

As you have heard, octopuses strangely have three hearts. Two out of the three hearts are used to pump blood to these ocean wonders gills. The third heart pumps oxygen-filled blood into the rest of its body. But why do they have blue blood? That is because it contains a protein called hemocyanin. (he-muh-sai-uh-nuhn) This blood is found in most crustaceans and mollusks. It turns their blood blue because it is filled with copper minerals.

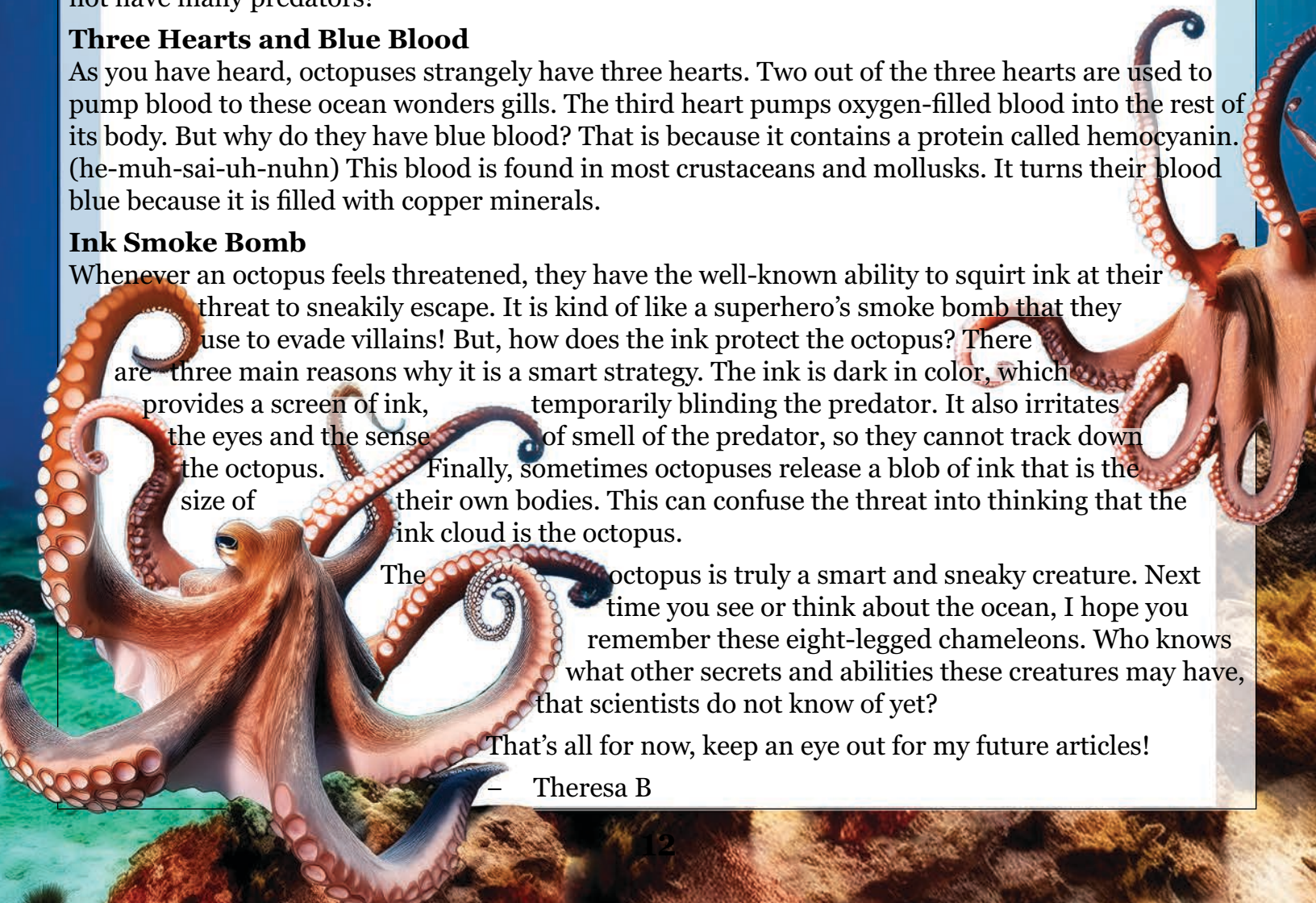
Ink Smoke Bomb

Whenever an octopus feels threatened, they have the well-known ability to squirt ink at their threat to sneakily escape. It is kind of like a superhero's smoke bomb that they use to evade villains! But, how does the ink protect the octopus? There are three main reasons why it is a smart strategy. The ink is dark in color, which provides a screen of ink, temporarily blinding the predator. It also irritates the eyes and the sense of smell of the predator, so they cannot track down the octopus. Finally, sometimes octopuses release a blob of ink that is the size of their own bodies. This can confuse the threat into thinking that the ink cloud is the octopus.

The octopus is truly a smart and sneaky creature. Next time you see or think about the ocean, I hope you remember these eight-legged chameleons. Who knows what other secrets and abilities these creatures may have, that scientists do not know of yet?

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

- Theresa B





Understanding who we are:

Sex at birth and gender of people in Canada

The Canadian 2021 Census of Population collected data on gender for the first time.

Following extensive engagement with the Canadian population, Statistics Canada published new statistical standards on gender and sex at birth in April 2018. Based on this new standard, the 2021 Census collected data on sex at birth and gender. Results from this census therefore provide a more detailed portrait of the population.

Sex at birth and gender refer to two different, but interrelated, concepts.

Sex at birth

Refers to the sex assigned at birth based on a person's reproductive system and other physical characteristics.

Cisgender people

People whose gender corresponds to their sex assigned at birth.

Most people in Canada aged 15 or older are cisgender **(99.66%)**:

50.83% are women **48.83%** are men

Transgender people

People whose gender does not correspond to their sex assigned at birth.

Non-binary people

People who are not exclusively a man or a woman.

● **Gender identity** refers to the gender that a person feels internally and individually.

● **Gender expression** is the outward presentation of gender, regardless of gender identity, through body language, behaviour or esthetic choices.

Gender

Refers to an individual's personal and social identity as a man, woman or non-binary person.

It is a multidimensional concept influenced by several factors, including cultural and behavioural norms and self-identity.

In Canada, 1 in 300 people aged 15 or older are transgender or non-binary (0.33%).

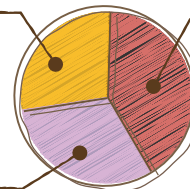
Total transgender and non-binary population

100,815

27,905
transgender men
(27.68%)

41,355
non-binary people
(41.02%)

31,555
transgender women
(31.30%)



Source: Statistics Canada, Census of Population, 2021.

Note: Statistics Canada's main classification of sex at birth includes two categories (male and female). It provides a variant classification of sex at birth, which includes an additional category for intersex. However, for reasons related to the small size of this population and the challenges in identifying intersex people, Statistics Canada does not currently collect specific information on intersex people in Canada.

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PRIDE MONTH PRIMER: A BASIC GUIDE TO TERMS AND CONCEPTS YOU MIGHT BE UNFAMILIAR WITH

The infographic on the previous page (created by the Government of Canada) is a good starting point for understanding the difference between sex and gender; we'll start there and expand on a few more terms.

Intersex: We tend to think of sex as a dichotomy (male vs female), but it actually exists on a broader spectrum; approx. 1.7% of people are intersex (the same percentage as people with naturally red hair!), meaning they exhibit both male and female sex characteristics. This is not a disease or disorder, but a naturally occurring variation in human bodies.

There are dozens of intersex variations based on differences of genitals, hormones, and chromosome patterns. It is not possible to identify intersex people at a glance, and many intersex individuals are unaware until puberty or later of this reality. For more information on the history of intersex medicine go to <https://www.medicalnewstoday.com/articles/intersex>.

Pronouns: how a person is referred to in the third person, i.e. He/She/They. Everyone has pronouns; they are a grammatical reality of the English language. If you are unsure what pronouns to use for a person, it is usually best to ask politely and discreetly.

Sexual orientation: refers to who an individual typically feels sexual attraction towards, and how that relates to their gender. It is often an important piece of an individual's sense of self and identity.

Gay: an individual who is typically or exclusively attracted to people of the same gender (which is not always the same as their sex assigned at birth). Can be used to refer to men, women, or non-binary individuals, and is sometimes used an umbrella term to refer to all people who are not heterosexual.

Lesbian: a woman who is typically or exclusively attracted to women

Bisexual/Bi: an individual who is typically attracted to people of the same gender and to people of other genders.

Pansexual/Pan: an individual who is typically attracted to people regardless of gender identity. Can be similar to bisexuality; it is usually a choice an individual makes to identify as either based on which term they feel fits their experience.

Asexual/Ace: an individual that does not typically experience sexual attraction.

Straight: an individual who is typically or exclusively attracted to individuals that are not of the same gender

Queer: an umbrella term often used to refer to anyone that is not straight and/or cisgender. A political term under which marginalized people have historically organized for fundamental human rights. Has also been used as a slur in the past, and some may not be comfortable being labelled this way.

LGBTQIA+: An acronym that stands for Lesbian Gay Bisexual Transgender Queer Intersex Asexual and more. A term used to be inclusive of all marginalized gender identities and sexual orientations.

The above are far from every term a person might use to describe themselves – and that's great! Self-identity is incredibly personal, and individuals will use the terms that are right for them. However, the terms here are the ones you will most commonly encounter.

Remember: Acting respectfully is more important than using the 'correct' language most of the time. If you are polite, non-threatening, demonstrate a desire to learn, and are open to being corrected when you do make a mistake, most people will welcome your presence.

A PERSONAL HISTORY OF PRIDE

Respectfully submitted by Jenn Jenkinson

Most of you know me as a volunteer here, doing everything from serving on the Finance Committee, Board of Directors as both Treasurer and Chairperson over my three different terms, a long stint with the Entertainment and Social Events Committee, ongoing work on the Newsletter Committee and some may know I have recently joined in 2023 our Education, Involvement and Awards Committee. Some may also know that I spent quite a few years as the Team Lead for Artist Services at the Calgary International Blues Festival and also was on a citizens' committee that helped plan and organize events like July 1st Celebrations and New Year's Eve Celebrations for the City. I am also a published author having two novels to my name.

But I wasn't always the self-confident, self-aware woman that could accomplish such things in her spare time. So, what was it that truly saved my life and helped me grow into the self I was always meant to be? It was, in fact, spending a good portion my time in between the ages of 23 & 31 immersed in the LGBTQIA+ community although it wasn't known by that almost impossible tongue-tied acronym way back when I found myself there.

After a marriage made too quickly and too young which lasted for not quite 3 years and only that long because I lived in fear of the consequences of leaving, I was struggling each day just to have the courage to go work and had moved back to the family home in Lakeview to try to make sense of it all. While working, I did come to have some trust in a co-worker who seemed so kind, so gentle and so uncritical of my hesitant nature and that trust led to us occasionally having coffee together after work. At first and we shared laughter, some common stories of growing up feeling out of step with those around us and I finally told him tearfully of my history. He listened to the facts I'd not even shared with my folks and when I was done, he actually smiled brightly at me and, with a tone that seemed very flippant to me at first, said, "Girlfriend you're here, you're here and you're strong and young and beautiful. You did that girl; I so totally admire you not everyone is so strong!" Those words resonated with me; they marked a turning point in my self-awareness.

Image: A stained glass window, dating back to the 1920s, originally displayed in the Parkside Continental Bar.

We had previously shared our common love of music and of going out dancing with a group of friends being one of our favourite social activities. So, a couple of weeks later at the end of our part time shift he said to me, "We should go out dancing tonight! You need to fly again; you need to get on a dance floor again, my friend." I was at first petrified of the idea, remembering the days before my marriage going to cabarets with girlfriends and inevitably having to deal with sometimes pushy guys hitting on us. I told him this and he laughed quite merrily, "Not where I'm going to take you dahling!" he told me as he raised his hands in a classic jazz hand pose and rattled the many bracelets on his wrists and he gave me a wink.

I'd led a pretty sheltered life as a teen and of course the gay lifestyle was really still mostly a grey area that no one really openly acknowledged, especially in a city like Calgary. So, my first visit to Parkside was a revelation in so many ways. For me though it was the very definition of freedom, I could dance my heart out not just with my friend but with some of the other guys there and even the other few women who also had found a place to let their hair down without reservation.

The thing about a club like The Parkside was that for the LGBTQIA+ folk that frequented the place it was far more than just a discotheque. It was a safe haven where all were accepted, no one was judged and, in fact, most people found themselves uplifted by the group, encouraged to follow their dreams, to



believe in themselves. The best way I can explain it is quite simply that in those days anyone in the LGBTQIA+ spectrum knew full well what it felt like to hide oneself, to feel shame for who they were, to feel fear of ridicule and worse, so in this safe space they welcomed in all to share acceptance, encouragement and love.

I became a regular there and felt like I'd finally found a place where I could grow and flourish. I found encouragement as I was working part time serving but also doing some business college classes to better myself. I had taken drama class in high school so my first ever drag show was an eye-popping liberating experience filled with over the top flamboyant costuming, great music, some very bawdy humour and an overall spirit one couldn't deny. The club lifestyle was over-the-top flamboyant, but running deeply was the support we all held dear for each other. Acceptance, Compassion & Encouragement was our ACE in the hole, so to speak.

My first experience with active volunteerism came from that formative LGBTQIA+ fledgling community. The community was starting to organize to assist its marginalized members and Calgary saw the first registered Non-Profits with aims to help alleviate some of the injustices which were daily occurrences for queer folk. I became involved with one such organization which, on the surface seemed mostly to exist for entertainment purposes but was a registered non-profit with the goal of raising funds for other groups that were lending hands on aid, counselling, and education in various ways to community members.

I got involved in a secretarial role initially, taking minutes, typing correspondence and other tasks. But that quickly morphed into combining my skills sets of clerical and hospitality industry and putting them to use in organizing and coordinating events both small and large. This social group had ties to other cities both here in Canada & in the USA, so our once-a-year big event could be likened to any non-profit convention, featuring various small events of a couple of days, and culminating in an extravagant Coronation Ball. Must confess I felt pushed in at the deep end on the scale of it all, but I swam through it. It also naturally followed that, just as other cities visited ours, we in turn visited theirs. I did some of my first adult travelling on those trips and saw cities I might never otherwise

have found reason to visit.

I had my first ever seat at a Board Table with this organization and, being a non-profit it gave me a great new knowledge base. Being on a Board is a great responsibility, the two biggest lessons I took out of that experience were that a board member needs to leave individual concerns or agendas at the door and focus on what is best for whole in decision making and great progress can be made by a small group of people who work together with respect and a firm commitment to their goals. That fledgling board had dreams of truly being able to help those in our community whatever their needs may be. I remember in the first years we were happy to make just enough funds to grant \$500 or so to our sister organizations who were actually the worker bees getting things done.

I was with the organization as a volunteer from 1978 until late 1983, the last coronation I attended or volunteered at was January 1983. All that time, I had also been busy building a 'real' career in banking, focused mainly on mortgages and loans. Then very late in 1985, I received the greatest gift of all, the birth of my daughter Sandra. I did keep in contact with some of my dear friends from those amazing days of growth and fellowship, but my prime focus was my daughter, as it should be. My best friend from those days has remained unwavering though. My friend Vance, also my daughter's godfather has been a part of my life for nearly 50 years, something I never take for granted.

Fast forward to 2023 and it just so happens one of those friends from way back when was coming to Calgary once again for the annual Coronation Ball event. His partner had been unable to come and at the last minute he invited me as his plus one. I accepted with joy but some trepidation wondering how this marvellous organization, which had helped me find my strength and mojo, had grown and changed over the years. I was overjoyed, in fact, I was sitting in the Hyatt Ballroom with tears of joy staining my cheeks as they announced bursaries and donations for various groups who supplied assistance to Trans-folk, to educational grants etc. Some of these awards came to 5 figure numbers! When we were giving \$500, we collectively dreamed that our community could one day help each other with more and they did – Four Hundred times more!

I have since been in attendance at the 2024

Coronation Ball earlier this spring, this time at the Westin downtown and went with a whole table full of the Parkside Continental alumni-as-is-were. A mini reunion of sorts at a party we planned decades ago.

Happy Pride Month everyone, please take some time for this thought. All people no matter whether they are of different skin colours, speak different languages, come from different countries, have a different gender identity or sexual orientation than you or even me – at the end of the day what draws us all together in our shared humanity. There is no place for hate when you remember we are all just human.

Love Wins!

NATIONAL ICE CREAM DAY

Respectfully submitted by Slawa Gruszczynska

As soon as the first warm and sunny days allowed us to spend sometime outside, and we could keep the windows open, the very welcoming and familiar tones of the “La Cucaracha” song announced the arrival of the ice cream man’s truck into the neighbourhoods.

I became curious about where the ice-cream came from and how old is this delicious dessert?

In Canada, National Ice Cream Day is observed every year on July 21st. National Chocolate Ice Cream Day in USA is celebrated on June 7th this year.

The world’s largest ice cream sundae was made in Canada on July 24, 1984 during the National Ice Cream Month. It was composed of 63 flavours and weighed approximately 25 pounds.

While celebrating the National Ice Cream Day or Month, several ice cream parlours around Canada are introducing unconventional flavours of ice creams. Ice cream stores, by giving away free ice cream cones are introducing and promoting their best ice cream creations and celebrating such a happy occasion.

President Reagan chose to establish the National Ice Cream Day. It would fall on third Sunday day of July to commemorate this popular treat in US.

The Chocolate flavour of ice cream was known before Vanilla. Presently, there are dozens of various flavours to choose from around the world.

What is the history of ice cream?

The first frozen chocolate ice-cream recipe was published in 1692 in Naples in Southern Italy. However, around 500 B.C. a form of ice cream had been already introduced by pouring a concentrate of grape juice over snow.

Did you know that chocolate and ice cream are a recognized antidepressant? These are the world’s most popular foods to help when we have a bad day, a heartache, sadness, or a bad day at school.

In Calgary, we can purchase good quality ice creams in department stores and share it with family and friends at home. “Save on Foods” is known for offering one of the biggest selections of flavours, frequently exclusive, that no other stores offer.

Very popular ice cream places are “My Favourite Ice Cream” in Marda Loop on 20th Avenue SW, and “Gelato Amato” on Kensington Rd. NW.

Summer without ice cream is like the sky without stars!

What a simple and perfect way to spend a cheerful time with family and friends, or just sit in the backyard and enjoy an ice cream cone and smell the fragrance of blooming trees and lilacs.



Just For Fun!

We hope you had a chance to try the delicious recipes in last month's issue of Connections. Unfortunately, we neglected to give proper credit to **Margaret Van der Meer** who submitted all three recipes! On the bright side, Margaret has graciously provided four new recipes for this month too! Be sure to thank Margaret if you've enjoyed any of the recipes she has contributed to Connections!

Do you have any favourite dishes you'd like to share with your neighbours? Recipes are always welcomed by the Newsletter Committee! You can send them to janine@sarceemeadows.coop or drop them off at the office.

Popcorn Crunch

Ingredients:

- 16 cups popcorn (popped)
- 1 1/3 cups sugar
- 1 cup margarine
- 1/2 white corn syrup
- 1 tbsp vanilla
- 2 cups nuts (your choice)

Directions:

1. Pop the popcorn and set aside.
2. Bring sugar, margarine, and corn syrup to a boil for 10 to 15 minutes.
3. Remove from heat and mix in vanilla and nuts.
4. Pour mixture over popcorn and mix well.
5. Spread on a baking sheet until cool.
6. Store in an airtight container.



Sauerkraut Casserole

Ingredients:

- 16 oz can sauerkraut
- 16 oz can whole tomatoes
- 1/2 pound bacon, cut into pieces
- 1 cup sugar

Directions:

1. Mix sauerkraut, sugar, and tomatoes in a casserole dish.
2. Cut up the bacon and sprinkle the pieces on top.
3. Bake for 3 hours at 325°F, uncovered.
4. Can be frozen and reheated.



Chicken A La King

Ingredients:

- 1/4 cup green pepper, diced
- 1/4 cup celery, diced
- 1/4 cup onion, sliced
- 1/4 cup carrots, grated
- 2 tbsp butter or margarine
- 1 tbsp flour
- 1 can chicken or mushroom soup
- 1 can mushrooms and liquid
- 3 cups cooked chicken
- 1/4 cup pimento, chopped

Directions:

1. Cook all vegetables in butter or margarine until soft.
2. Blend in flour and soup, add mushrooms and liquid, and cook until thickened.
3. Mix in cooked chicken and pimento.
4. Serve on toast.



Quick Potato Casserole

Ingredients:

- 3 or 4 potatoes, sliced
- 1 lb raw hamburger
- 1 can tomato soup
- 1 onion sliced into rings
- Salt, pepper, garlic salt - to taste

Directions:

1. In casserole dish layer hamburger, potatoes, onion, and soup until dish is full, ending with soup.
2. Cover and bake at 350°F for 1½ hours or so.



Classifieds

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

Wolf Thunder Fitness

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

Call or text me at 587-216-5643

Email at pearson.vanessa@gmail.com




Dog Training & Mobile Grooming - Tyler Breland

Email: fenrirdogtrainingandgrooming@gmail.com

Location: Calgary, Alberta

Phone: 587-226-1758

 @fenrirdogtrainingandgrooming

 www.facebook.com/

FenrirDogTrainingandGrooming



Super Scoopers

Kody: 403-510-4139

Facebook: superscoopers

Email: calgarysuperscoopers@gmail.com

Services:

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



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

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)?

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.



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
JUNE 9	10 EDUCATION, INVOLVEMENT, AWARDS @ 6:30	11 MEMBERSHIP @ 7:00	12 COOP SENIORS INTERESTS (CSI) @ 1:00PM	13 NEW MEMBER WORKSHOPS	14	15 NEIGHBOUR DAY LAWN SALE 9 AM - 4 PM
16	17 FINANCE @ 6:00	18	19	20 MEMBERS MEETING @ 7:00 @ GRACE LUTHERAN & ZOOM	21	22
23	24	25	26	27 BOARD OF DIRECTORS @ 6:30 PM	28	29
30	JULY 1	2 NEWSLETTER @ 7:00	3	4 ENTERTAINMENT & SOCIAL EVENTS @ 7:00	5	6
7	8	9	10	11	12	13 STAMPEDE BREAKFAST 9 AM - 11 AM
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	AUGUST 1 ENTERTAINMENT & SOCIAL EVENTS @ 7:00	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17 SUMMER BBQ 12:00PM - 4:00PM

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: Farha Fatima
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: Kathleen Powell & 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.

