

# Connections

Your SMHC Newsletter

May 2024

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### 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. Sarcee Meadows is honoured to continue this tradition of creating inclusive communities and to celebrate this territory we now call home.

**TO THE MEMBERS OF SARCEE  
MEADOWS**

**A message from Graham Lundquist**

At the April 16<sup>th</sup> General Membership meeting I was acknowledged for my employment at SMHC for the last 38 ¾ years. In August I am retiring and moving to Vancouver Island. When Krystal asked me to come up front my nervousness and emotions got a hold of me and I teared up. At that moment I knew I wouldn't be able to properly thank all of you. I get emotional when things that are important to me change and SMHC has definitely touched my heart in a big way. SMHC has been a major part of my life for the last 52 years and I will truly miss not being here, either working or relaxing at home!

My Mom, Dad, sister Denise and myself moved into Sarcee Meadows in 1972 and at that time Members were responsible to cut their own grass, or hire someone else to cut it at their expense. I was 11 years old and one of my chores was to cut our grass. Two years later in 1975 I had my own little thing going on, cutting grass for 9 members on a bi weekly basis. I did this for 2 or 3 summers as well as working for SMHC as a temp summer worker.

In 1985 Sarcee Meadows put out an employment ad for a Groundskeeper, so I applied and got the job. I did Grounds keeping for around 3 years and then was asked if I would be interested in joining the inside Maintenance team and I have been doing that ever since.

I have enjoyed my employment here and have met thousands of members over the years. I have also made a lot of good friends who I will, for sure, remain in contact with. During my employment I have seen 9 General Managers and 4 ½ Maintenance Supervisors. Jon Jackson being the 9<sup>th</sup> GM and Jon Van Camp is the ½ Maintenance Supervisor who currently is the Assistant Maintenance Supervisor. Jon V. will be

Mike's replacement when Mike retires in April 2026 and he will fill Mike's shoes very well!!

Sarcee Meadows members are truly fortunate to have such a dedicated staff that works very well together as a team to get things accomplished! I will miss all the staff because we are more like family than we are co workers! I will especially miss my side kick and replacement Josh Scott the most; we were great at doing jobs together and it seemed that we could read each other's minds, thus getting jobs done more efficiently.

I want to thank the past and present members and Board members for keeping me employed for all these years! It has been a privilege to do my best in trying to take care of member needs!

I wish Sarcee Meadows the best as it continues to be as successful in the upcoming years as it has been in all previous years!

I won't be retiring from SMHC a rich man but I have gained a wealth of knowledge and to me that is PRICELESS!!!

Thank you Sarcee Meadows !! Much Love

Graham Lundquist



## **BOARD OF DIRECTORS REPORT**

We hope that you have enjoyed the rainy days and hopefully there is no more snow! Remember to enjoy the sunshine as we head into the beautiful spring and summer!

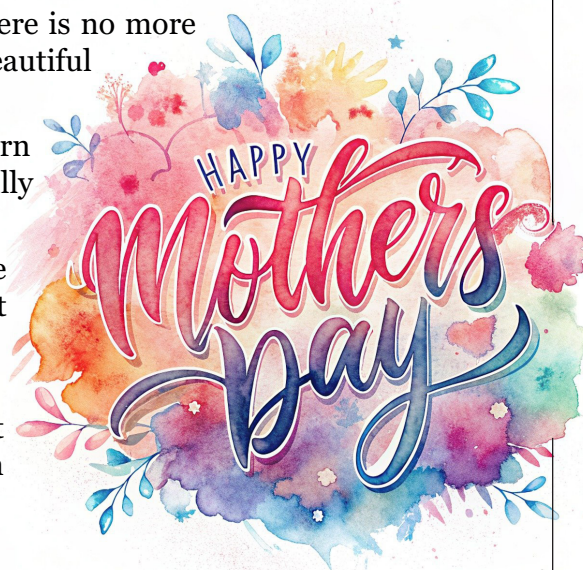
While it is almost the right time, a reminder to all of us to NOT turn on our outside tap(s) just yet. In the meantime, we can hopefully count on the rain in the coming days to water our lawns.

As we head into mid May, Jon and staff are busy working on the budget for the 2024-2025 financial year. There will be a Big Budget Meeting taking place this month with the Board, the Finance Committee, and the Committee Chairs.

Lastly, a reminder that SMHC is not an off-leash park, when not in your unit or fully fenced yards, all pets need to be on a leash please.

Happy Mother's Day and Happy Victoria Day!

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



## **GENERAL MANAGER'S REPORT**

Once again, we are looking for a teenager who lives in Sarcee Meadows to take on the maintenance and upkeep of our gardens. Specifically, you would be responsible for maintaining the gardens at the entrance to the B Parking lot, the gardens out front of B50, Marla's Garden, and the garden at the entrance to the F parking lot.

Working under the supervision of Tom Hawkes (our arborist), you will be responsible for prepping the gardens and making them ready for spring planting; weeding and maintaining throughout the summer; and then in the fall prepping them for fall and winter.

The role will begin in late May and run through mid to late September. Averaging 15- 20 hours a week throughout the period. Salary for the role will be \$15/hour.

If you are interested, please send me a copy of your resume at [jon@sarceemeadows.coop](mailto:jon@sarceemeadows.coop) or drop it off at B50.

Here's hoping that the weather is finally going to cooperate with us and allow for CANA to continue to pick up speed on the project. I will be sending a full update on the retrofit next week, but here are a couple of quick things.

If your building is under construction or buildings around you are, we would ask that you please change your furnace filter a bit more frequently. With the debris and dust from the construction the filter is working overtime. We always have lots at B50 so please drop by and pick up a couple.

I am happy to announce that we have been successful with our Federation of Canadian Municipalities (FCM) Green Municipal Fund application. We will be receiving a grant of \$3,610,000 million and a loan of \$6,390,000 million. The \$10 million total we will receive from FCM, we will reduce the size of the loan from CMHC. This will reduce the amount of interest we pay on the loan over its lifespan.

We continue to have challenges with sending emails from me. Please keep an eye on your junk folder and add me ([jon@sarceemeadows.coop](mailto:jon@sarceemeadows.coop)) to your safe senders list. This is especially true for shaw.ca email addresses.

Enjoy the weather as it is looking great for the next few weeks.

Thank you,

Jon Jackson  
General Manager

## **FROM THE TEAM AT B50**

**Office Hours:** Office hours are Monday to Friday, 8:30 am to 4:30 pm. 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, May 20<sup>th</sup>, 2024 for Victoria Day.

**The Big Bin is Coming: The Big Bin will be here again on Wednesday May 15<sup>th</sup>, 2024.** This is your chance to dispose of larger items that don't fit in the regular parking lot bins.

With the increase of materials and equipment in the maintenance yard please note that the Bin will be placed outside the yard.

To allow our team to pack the bin with maximum efficiency we would ask Members to not place your items directly into the Big Bin but to please stack them beside it instead. As well, please ensure that the items are not left in a manner that blocks sidewalks, driveways, or fire lanes.

**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.

**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.



**Skunks:** It is that time of year where skunks will soon be wandering our neighbourhood again. For some helpful tips and facts about skunks check out the information from Calgary Wildlife below.

If you do find that skunks are causing a problem in your area please put in a work order through Buildium or by calling the office. Our Maintenance Team will know how to manage the situation safely and humanely or will know when to call in the experts.

*The following excerpt is from Calgary Wildlife's article titled "Living with Skunks". You can find the complete article at their website here : <https://www.calgarywildlife.org/skunks>.*

Skunks have a bad reputation for their smelly spray, but they should be recognized as champion pest controllers! Skunks tend to prey on rodents and insects that can cause significant damage to the average home. When left alone, skunks are rarely recognized in a neighbourhood and will happily live under the radar, foraging and hunting for food once the sun goes down. Conflicts will occur however, when a skunk is startled or attacked (often by roaming cats and dogs). When a skunk becomes defensive, it will stomp its feet, raise its tail, and finally (if worse comes to worse) release its anal glands and spray a foul discharge onto its attacker.

### **Fast Facts**

- Skunks are nocturnal omnivores whose diet can consist of anything from insects and rodents to fruits and leaves.
- A skunk's vision is quite poor, so although they mostly keep to themselves, they are easy to startle. Curious cats and dogs that are off leash are most likely to come upon skunks and cause them to spray.
- Skunks breed in February and March; the female will dig out a den to house her litter and kits are born in May.
- Skunks can spray their anal glands secretions several times over very long distances before the glands are emptied. It can take over a week before the gland is refilled and ready to be used again.

### **Prevention**

To prevent skunks from taking up residence in your yard, it is best to think proactively. Make sure any spaces under sheds and porches are closed off with

chicken wire or other sturdy materials. Keep your garbage secured in the bins, clean up any fruit that may have dropped onto the ground from trees, and make sure you remove any pet food from outside your home. Skunks will be attracted to areas where food is abundant and there are places to hide during the day. By removing these things, you're ensuring that any skunks that are looking for a new home will have to look elsewhere.

### **Tolerance**

Remember, most people don't even realize they share a neighbourhood with skunks. Skunks are not aggressive animals, and do not seek to harm you or your family. They will give ample warnings before spraying, so it's just a matter of recognizing the warnings and giving the skunk space. Remember: Skunks will raise their tails, stomp their feet, and turn their tail toward you before resorting to spraying. If you see any of these signs, STOP! Slowly back away and allow the skunk to go about its business whenever possible. Keep pets inside at night and dogs on leashes. Skunks are transient and solitary animals and once the family has matured and are ready to travel, the family will disperse and move on to new areas alone.

**Battery & Light Bulb Recycling: The Maintenance Shop is no longer able to collect batteries, light bulbs, or other hazardous materials for recycling.** This is due to changes made at the facilities we have been using for hazardous material recycling where we are no longer able to bring in mass quantities of batteries or light bulbs.

**Here are some alternative options for properly disposing of these items:**

#### **Light Bulbs - Compact Fluorescent (CFL)**

Safely dispose compact fluorescent light (CFL) bulbs for free at a household hazardous waste drop-off location.

- Designated fire station.
- City landfill Throw 'n' Go area - if you bring with other garbage, landfill charges will apply.

#### **Special instructions:**

Wrap each CFL bulb in paper, place in a bag and tie it closed for drop off.

#### **Locations:**

#### **Designated fire station:**

Lincoln Park/Garrison  
Green Fire Station #20  
Household Hazardous  
Waste Drop-off

2800 Peacekeepers Way  
SW

**Also accepted at London  
Drugs and RONA loca-  
tions.**

#### **Light Bulbs - Fluorescent Tubes**

Safely recycle fluorescent light tubes for free at a household hazardous waste drop-off site.

#### **Small quantities of fluorescent lights:**

- Designated fire station.
  - Accepts light tubes up to 4 feet in length.
  - You can bring up to 3 tubes per visit.

#### **Designated fire station:**

Lincoln Park/Garrison  
Green Fire Station #20  
Household Hazardous  
Waste Drop-off

2800 Peacekeepers Way  
SW

**Also accepted at London  
Drugs and RONA loca-  
tions.**

#### **Large quantities of fluorescent lights:**

- City landfill Throw 'n' Go area - if you bring with other garbage, landfill charges will apply.
  - Accepts tubes that are longer than 4 feet in length.
  - You can bring up to 8 tubes per visit.

### **Light Bulbs - Incandescent & Halogen**

Put old and broken incandescent light bulbs or halogen light bulbs in your black cart as garbage.

#### **Special instructions:**

- Package items safely by putting the pieces into a puncture-resistant, non-breakable container (e.g. plastic tub, plastic pail, laundry detergent container, etc.)
- Or wrap in two layers of paper and place in a tied bag.
- Label as "sharps" with a permanent marker and put in with your garbage.

You can also take properly packaged light bulbs to a City landfill. Landfill charges will apply.

### **Light Bulbs - LED Light Bulbs**

Put LED light bulbs in with your regular garbage. No special instructions are required.

### **Batteries - Both rechargeable and single use (non-rechargeable.)**

#### **Special instructions**

For safety precautions, tape over the ends (positive and negative terminals) of each individual lithium battery. This also applies to button style batteries. Separate your taped lithium batteries by putting inside a Ziploc bag and sealing shut.

Taping off the ends of your batteries will ensure that they cannot touch each other to prevent a fire from occurring.

*\*Closest locations as per City of Calgary and Call2Recycle's Battery Drop Off Location Finder:*

<https://www.calgary.ca/waste/what-goes-where/batteries-nonrechargeable.html>

<https://recycleyourbatteries.ca/find-a-drop-off-location/>

#### **uBreakiFix**

4604 37 St SW #18  
Calgary, AB T3E 3C9  
403-460-4349

#### **London Drugs**

5255 Richmond Rd SW  
Calgary, AB T3E 7C4  
403-571-4932

#### **Canadian Tire**

5200 Richmond Rd SW  
Calgary, AB T3E 6M9  
403-246-1961

#### **Save On Foods**

#70 3915 51 Street SW  
Calgary, AB T3E 6N1  
587-483-1838

#### **Staples Canada**

5662 Signal Hill Ctr SW  
Calgary, AB T3H 3P8  
403-217-7070

#### **RONA+ S.W. (Signal Hill)**

5696 Signal Hill Centre SW  
Calgary, AB T3H 3P8  
403-776-0780

#### **Best Buy**

350 Stewart Green SW  
Calgary, AB T3H 3C8  
866-237-8289

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# Our Retrofit

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*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](mailto: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.*

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## **TIPS, SUGGESTIONS & EXPERIENCES**

We have to note that things are certainly moving forward on the retrofit project, what a difference one sees with each passing week. Try to remember that though we all will go through a short term of inconvenience, disruption and noise, the long term effect is not just homes that will last into the future for our children and grandchildren but they will be more resilient to the ever-changing extremes of Calgary weather giving us built in reductions to the costs of heating our homes.

To continue on a positive note here's a comment we are sharing from Oliver Hadrys:

*"Hello SMHC Retrofit Team,*

*First, thanks so much for the work you are doing. I'm 100% behind the retrofit and very excited for the update."*

Oliver also has been our first member to step forward to offer some help to folks who may need it in preparing for the retrofit coming to their building. Thank you so much Oliver!

*"Also, I saw in the newsletter that some folks may need help moving pictures or furniture away from the walls prior to work starting on their units. I work a rotational schedule so my availability will change week to week but would be happy to lend a hand.*

*Oliver – Unit K644 – Phone 587-226-4144"*

Slawa Gruszczynska has also sent us some great suggestions on things we can all do in prepping for our turn at retrofit.

*"Jon has supplied us with updates that include the work schedule, so we all have ample forewarning and time to prepare for our turn.*

*This is the time to start planning ahead and utilizing existing resources in some cases to help you through it, the bonus is you can look at this as a good time to declutter.*

*If there are larger items in your home or shed that need to go, remember the Big Bin is here at B50 three times each year in January, May, and September.*

*Charitable organizations such as Goodwill, Women In Need, and the Diabetes Foundation will take donations or can be picked up in some cases. We recommend you check their guidelines for more details.*

*Many communities will be hosting Community Clean Up Days from now until the end of September. They offer help with trucks and volunteers to remove larger items and items are directed to various types of recycling or exchange and/or garbage. Rutland Park is scheduled for Sunday September 29<sup>th</sup>, 2024. Other community dates can be found here: <https://www.calgary.ca/communities/community-cleanups.html>*

*Our regular waste services do include recycling, of course, but using the above resources if you have a larger quantity or size of items would certainly avoid overfilling of the regular bins causing unnecessary work and frustration for others.*

*The key to getting through this as smoothly as possible is to think ahead, plan what you need to do and, if you need help, be sure to reach out. We're all in this project together."*

Thanks, Slawa for these great suggestions!

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

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# Committee Reports

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## EDUCATION, INVOLVEMENT, & AWARDS COMMITTEE

### It's Funding Season!

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

- Medical Assistance Fund
- Education Fund
- Seniors Assistance Fund

The application forms begin on the next page of this newsletter or can be picked up at the office.

**Deadline for applications is May 31, 2024.**

## ENTERTAINMENT & SOCIAL EVENTS COMMITTEE

**Lawn Sale & Neighbour Day:** Gather up your hidden treasures and get your table ready!

Whether you are shopping for a bargain or looking to clear some things from the basement this is the perfect opportunity for both.

The annual SMHC yard sale will be taking place on **Saturday, June 15<sup>th</sup>**. You are welcome to set up along Sarcee Road or in front of your unit. Please watch for a flyer containing all the details.

June 15<sup>th</sup> is also **Calgary's Neighbour Day** so come out and visit even if you're not needing to "shop".

The committee is continually planning various events and the next series of events we want you to "Save the Date" for are:

**Stampede Breakfast:** Saturday, July 13<sup>th</sup> – Due to construction this will now take place in the parking

area in front of B50. Parking restrictions will be in place – details to follow.

**Summer BBQ Event:** Saturday, August 17<sup>th</sup> – lots of food, treats, games, and family fun!

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](mailto:janine@sarceemeadows.coop) or calling 403-246-2746, Ext. 102.

**Call-out for Lawn Sale Helpers:** For the Lawn Sale we are looking for volunteers for two tasks.

- To help other members with moving and/or setting up their Lawn Sale wares at their chosen locations.
- To check on the Lawn Sale participants throughout the day, deliver water, or offer to watch a table to allow for bathroom breaks, especially for someone on their own.

Looking forward to seeing everyone out and about.

## NEWSLETTER COMMITTEE

Spring is here and as usual we start off with a variety of weather conditions. Soon we will see the end of the snow and cooler days, but for now we have to remember that with the dry conditions we are currently facing, we can be thankful for any moisture that comes our way.

A number of articles and some recipes have been included in this edition. As always, we welcome

any ideas you may have for future articles or any items you would like to see included in the newsletter.

May is a special time to celebrate and thank all Mothers for all the care and love they give to us. We hope you have a wonderful time on Mother's Day!





**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.

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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](mailto: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.

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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](mailto:janine@sarceemeadows.coop)

**APPLICATION deadline 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.

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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](mailto:janine@sarceemeadows.coop)

**APPLICATION deadline May 31, 2024**

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# Human Interests

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*This is a great place for members and residents to share their interesting news or stories with the rest of our community. This includes submissions to celebrate personal accomplishments, travels, and adventures, or milestones such as Births, Birthdays, Weddings, Anniversaries, and Obituaries. It can be a place to share Thank You Messages, Notes of Praise, Letters to the Editor, etc.*

*Submissions can be emailed to [janine@sarceemeadows.coop](mailto:janine@sarceemeadows.coop) or dropped off at the office to the attention of the Newsletter Committee.*

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

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## **Pete Kushner 1934 - 2024**

Henry Peter (“Pete”) Kushner passed away with his family by his side on April 23, 2024 at the age of 89 years old. He is survived by his wife of 63 years, Marlene, his daughter Terry, and son Gordon (Patti) and grandchildren Brantley and Katerina. Pete was a 50+ year Sarcee Meadows resident.

Born September 8, 1934 in Burnaby, British Columbia to Daniel and Anastasia (Nellie) Kushner (Ukrainian immigrants), Peter was the youngest of 13 children and spent most of his youth in the Burnaby area working on his family’s farm before meeting Marlene and moving to Calgary. He held various jobs during his working life, including truck driver, auto repair and construction, before having a long career with the Calgary School Board in facilities. After retiring from the School Board, he still worked part-time at the Safeway at Glamorgan Plaza and was one of the most popular employees, greeting all customers and taking on odd jobs for Safeway.

Pete was a devoted Flames, Stampeders and Blue Jays fan, loyally watching every televised game and even taking in a few live when he could. Until his recent illness, he logged the result of every Flames game in a journal he kept table-side by the TV, even including a comment about each game. He enjoyed reading, especially books by Louis Lamour, and also enjoyed fishing and his cat Avery, who was by his side all the time. Despite living far away from his grandchildren, he took great interest in their lives and activities, always monitoring how they were doing in their sports and other activities and embracing modern technology by taking FaceTime calls to say hello.

Pete spent his life committed to God and his saviour Jesus Christ and we all know that he is up in heaven, looking down upon us all and complaining about how bad the Blue Jays’ pitching has been and that the Flames didn’t make the playoffs.

## **Al Dickson 1948 - 2024**

Sarcee Meadows lost a great man. On May 1<sup>st</sup>, 2024 Al Dickson passed away after having a heart attack and open heart surgery. He put up a valiant fight, but it was just not meant to be.

Al worked in the Maintenance Shop for many years. He will be sadly missed by his wife Barb, his family, and his friends.



## RESPECT, KINDNESS & ACCEPTANCE

*Respectfully submitted by Jenn Jenkinson*

I will start this month with greetings to all my fellow members, residents, and children here in our community of Sarcee Meadows Housing Co-operative. My name is Jenn Jenkinson and I have lived in Sarcee Meadows for just over 33 years now, raised a daughter who many of you know and taken an active part in volunteering in our community in a number of varied roles over my years here. I have also, last fall, completed a full 7 decades of life and I'm grateful to be healthy in body, mind and spirit and looking forward to new adventures in life.

Looking back over those seven decades of living it seems to me that we live many lives during one lifetime. I worked for many years in the restaurant & entertainment industry, but also had a long career in banking and a shorter (10 years) career in oil & gas. All of those pursuits put me in contact with just about every kind of people one could imagine. I not only learned a great deal about human nature, various cultures, and viewpoints but I learned the value that comes from immersion in such diverse, colourful and varied human experience. The greatest

everyone, each and every path in even the briefest

has hopes and dreams wants happiness

lives, just like I the end of the

different from My takeaway

decades of living all one race or

you prefer – We Beings. And

do the best we for those

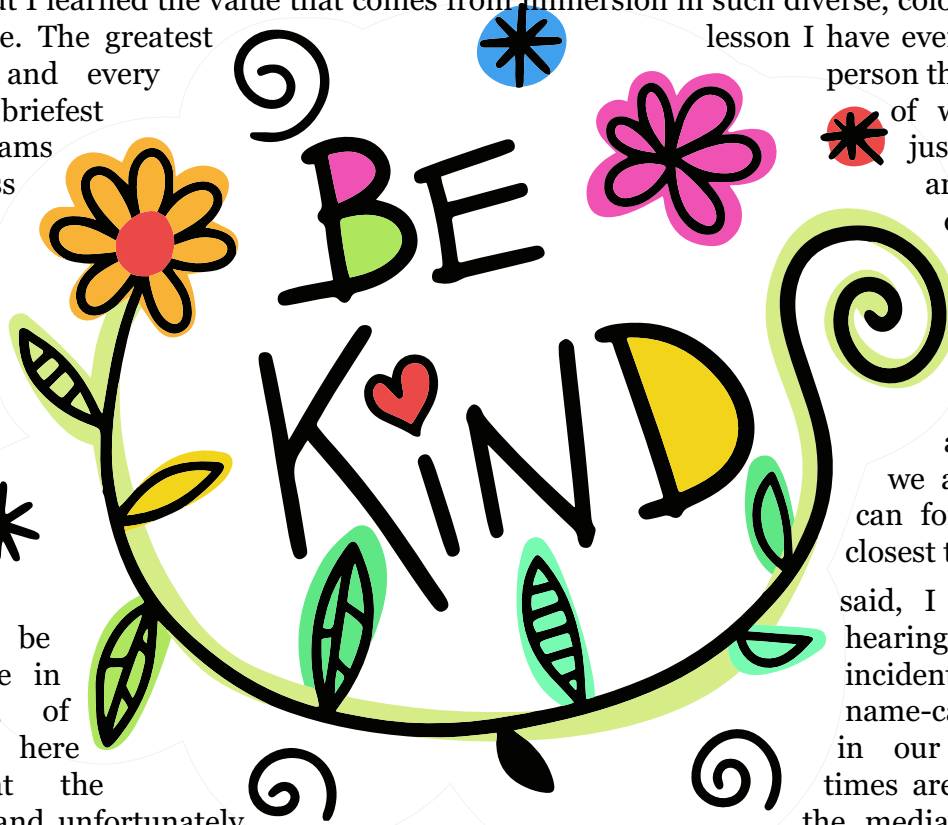
All that being and dismayed to be been an increase in of intimidation, of social negativity here

understand that the stressful for us all and, unfortunately,

bombard us from everywhere seems to be full of nothing but conflict, strife and hate at times. But I think we all need to take a step back from that precipice and find a better way.

It is said that “Children learn what they live.” So as parents we should be making sure that what our children are living is a model of encouragement, of respect and of caring about all those around them. Sometimes that may mean having some serious conversations with the young people in your lives when they start modelling behaviours that are mean-spirited or hateful towards others. No child is born angry or hating towards others, it is learned behaviour.

We all, every one of us, as grown-ups in our community need to make a conscious and daily commitment to ourselves to model respectful, compassionate, and loving behaviour. I know that it's sometimes difficult to do so when your emotions are running high. I often have to take a breath and count to ten before I speak and like everyone, I'm nowhere close to perfect. And that really is the key to understanding and peaceful co-existence. We must remember that no one is perfect, not ourselves or anyone else; we are all human with frailties and won't always get everything right, but if we approach life with three things in mind – Respect, Acceptance, Kindness – we can build in SMHC a community that we can all feel safe to live in.



lesson I have ever learned is that person that may cross my

of ways has value, just like I do and

and peace in their do. We are, at

day, not so very one another.

from seven is that we are

one species, if are all Human

we are all trying to can for ourselves and

closest to us.

said, I am rather sad hearing that there has incidents of unkindness, name-calling and of in our community. I

times are certainly more the media that seems to

bombard us from everywhere seems to be full of nothing but conflict, strife and hate at times. But I think we all need to take a step back from that precipice and find a better way.



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# Education & Awareness

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## **SAVE WATER ... SAVE MONEY - HOW YOU CAN HELP**

*Respectfully submitted by the Education, Involvement, & Awards Committee*

During the budget preparation process it was noted that water consumption in Sarcee Meadows has increased significantly over the last three years. Adding to this concern is that Calgary and surrounding areas throughout southern Alberta continue to experience drought conditions.

We all need to cut back on our water usage wherever we can. Not only to reduce the negative financial impact on our housing charges, but also to conserve and protect the water resources available for our community and beyond.

Here are just a few hints that can lead to long term positive changes.

### **Kitchen Hints**

- If purchasing a new or replacement dishwasher, choose one with low water use. Newer models will save on your energy consumption as well.
- Use your dishwasher only when you have a full load or run it on a shorter cycle if you must run it when not completely full.
- If washing dishes by hand, don't use running water to rinse. Instead, partially fill a second sink or pot with water to rinse dishes in as you wash them.
- Scrape plates into the compost bin. Do not rinse the food off dishes.
- Place vegetables and fruit in a partially filled sink or pot to rinse them. When you are done you can then use this water to water your house plants.
- Keep a jug of drinking water in your refrigerator instead of running the tap to get cold water.

### **Bathroom Hints**

- Use a garbage can for trash (facial tissues, tooth floss, etc.) instead of the toilet.
- Check toilets and faucets for leaks every six months and place a work order right away if you notice any issues.
- Replace showerheads with low-flow models.
- Take shorter showers. A five-minute shower with an old showerhead can easily use 100 litres of water. Or each 5 minutes you reduce your shower can save 100 litres of water!
- Fill the tub to only halfway when bathing the kids. – This can save 40 litres of water or more per bath.
- Turn off the tap while shaving or brushing teeth. This can save up to 32 litres per person per day!



### **Laundry and Utility Area Hints**

- If purchasing a new or replacement washing machine, choose one with low water use. Consider a front-load model which uses 50% less water than top-load models.
- Wear clothes more than once when possible.
- Wash only full loads of laundry or adjust washing machine water levels to avoid excessive usage if you must do a smaller load.
- Choose shorter wash cycles.
- Pre-treat stains.
- Check your hot water tank regularly and place a work order right away if the drainage is leaking or if the water drains out of the line.
- If you have a water softener, be sure to have it serviced if water drains when it isn't recycling.
- If you have a furnace humidifier, be sure to have it serviced if the drainage is leaking or if the water drains out of the line while the humidifier isn't running.

### **Outdoor Hints**

- Stay informed of and follow all outdoor water restrictions if/when they are in effect!
- Watch the forecast and skip watering when it has rained or is forecast to rain.
- Water when it's coolest – early in the morning or later in the evening.

Water low and slow – use a soaker hose, watering can or drip irrigation for your garden.

Only give plants the water they need. Read plant tags to know how much to water your garden.

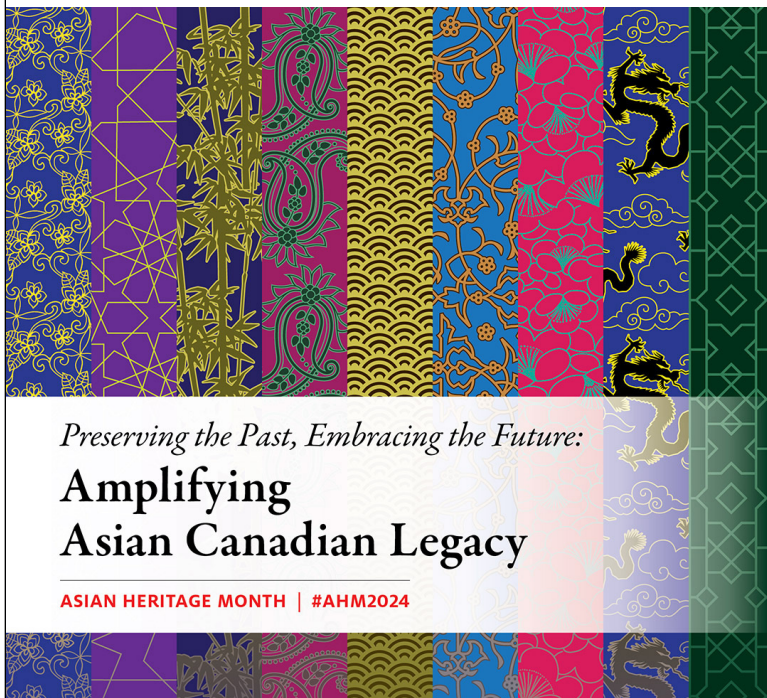
Prioritize watering trees during drought conditions.

Sweep your sidewalk rather than washing with water.

## **MAY IS ASIAN HERITAGE MONTH**

Excerpt from the Government of Canada website under Canadian Heritage:

<https://www.canada.ca/en/canadian-heritage/campaigns/asian-heritage-month.html>



Asian Heritage Month is an opportunity for us to learn more about the diverse culture and history of Asian communities in Canada, as well as to acknowledge the many achievements and contributions of people of Asian origin who, throughout our history, have done so much to make Canada the country we know and love.

The theme for Asian Heritage Month 2024 is “Preserving the Past, Embracing the Future: Amplifying Asian Canadian Legacy”. This theme celebrates the rich heritage and contributions of people of Asian origin in Canada while also looking forward to the future with optimism and hopefulness. We are acknowledging the voices, stories, and achievements of people of Asian origin in Canada and recognizing their contributions to all aspects of our society, including the arts, sports and social justice.

# Roses: The Queens of Flowers

By Theresa B

As May rolls around, we have certainly noticed the beautiful, vibrant flowers sprouting around our neighbourhood. Yet, one gorgeous flower takes place as the star of the show. And what flower is that? The majestic rose! Although you may not see these flowers blooming around our neighbourhood, their facts might just bring the magic of roses to us. And plus, some tips to planting your own will help make our neighbourhood more beautiful!

## **A Brief History**

Roses are considered the flower of love, beauty, and passion. With their origins dating back to ancient times, roses were used for pieces of art, and were also used in well-known stories, such as Beauty and the Beast. That being said, they definitely still hold their title as the “queens of flowers”!

## **Hues of Roses and Their Symbolizations**

There are many different roses. Though there are dozens of different shades and types, there are three more common roses. The classic red rose is a symbol of love, passion, and desire. They certainly are a good valentines day gift! Pink roses represent admiration, gratitude and sweetness, lighter shades meaning sweetness and darker meaning admiration or gratitude. White roses represent purity, innocence, and new beginnings. They are commonly used at weddings, to show the purity of love.

## **Planting your own rose**

If you're interested in planting, you would most definitely want an elegant rose in your very own garden! Here's some easy steps on how to plant your own rose:

1. Choose a sunny location for your rose.
2. When it's time to plant your rose, dig a big hole. Make sure it's wide so the roots can spread out easily.
3. Roses need water regularly, so make sure to water it quite a bit.
4. Roses can get messy, so make sure to trim its leaves regularly.
5. There are some bugs that may want to have a little snack on your rose! Make sure to get rid of them before too much damage is completed.
6. Roses are social flowers, meaning they like the company of other plants. Make sure to plant some other colourful or yummy-smelling herbs near your rose.

Without a doubt, roses are an amazing flower. They sure do symbolize beauty! A rose would be a great gift for Mother's Day, maybe you could get your own mom a bouquet of roses for a gift, or maybe you'll grow your own rose for her!

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

-Theresa



## **OBSESSIVE COMPULSIVE DISORDER**

*Respectfully submitted by Wendy Thomson*

Obsessive Compulsive Disorder (OCD) is a long-lasting mental health disorder in which a person experiences uncontrollable and recurring thoughts (obsessions), engages in repetitive behaviour (compulsions), or both. People with OCD have a time-consuming symptom that can cause significant distress or interfere with daily life.

Personality traits like perfectionism may put a person at risk of developing OCD as well as stressful life events and psychological trauma. OCD runs in families, so if you have a family member who has OCD, you are more likely to develop OCD yourself.

OCD is chronic. You can get it under control and become resolved, but at the present time there is no cure. It is a potential that will always be there in the background, even if it is no longer affecting your life.

The four stages of the OCD cycle include obsessions, anxiety, compulsions, and temporary relief.

OCD obsessions are lasting and unwanted thoughts that keep coming back or urges or images that are intrusive causing stress and anxiety. You might try to ignore them or get rid of them by acting based on a ritual. Obsessions often have themes, such as:

- Fear of contamination or dirt
- Doubting and having a hard time dealing with uncertainty
- Needing things to be orderly and balanced
- Aggressive or horrific thoughts about losing control and harming yourself or others
- Unwanted thoughts, including aggression, or sexual or religious subjects

OCD compulsions are repetitive behaviours that you feel driven to do. These negative behaviours or mental acts are meant to reduce anxiety related to your obsessions or prevent something bad from happening. Compulsions usually have themes, such as:

- Cleaning and hand washing
- Checking - such as checking the doors are locked or that the gas is off
- Ordering and arranging
- Hoarding



- Asking for reassurance
- Repeating words in their head
- Thinking "neutralizing" thoughts to counter the obsessive thoughts.

OCD is often referred to as a "vicious" cycle because the obsessions and compulsions happen in a loop that can be extremely challenging to break. The longer you remain in the cycle, the more momentum and strength it gains, making it even more difficult to escape.

Steps for stopping OCD thought loops are:

- Accept thoughts head on rather than pushing upsetting thoughts away. It can be helpful instead to accept the thought and allow it to complete itself.
- Focus on the task
- Share your thoughts
- Use humour
- Seek professional assistance

The best way to put an end to the cycle is to practice Exposure and Response Prevention Therapy (ERP). This means you "accept" the thoughts, live with the uncertainty, and refrain from engaging in compulsions.

There is a difference between being a perfectionist - someone who needs flawless results or performance - and having OCD. OCD thoughts are not simply excessive worries about real issues in your life or liking to have things clean or arranged in a specific way. If your obsessions and compulsions affect your quality of life it is time to see your doctor or mental health professional.

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# Just For Fun!

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## Carrot Ginger Soup

### Ingredients:

- 2 tbsp butter or margarine
- 1 large onion, chopped
- 2 cans chicken broth (or 2 cups)
- 6 large carrots, chopped into chunks
- 1 tbsp sugar
- 1 tsp salt
- 1 tsp fresh grated ginger
- 2 cups water
- Half and half cream to garnish



### Directions:

1. In 5 quart Dutch oven, melt butter/margarine over medium heat.
2. Add onions and cook for 1 to 2 minutes, or until golden, stirring occasionally.
3. Stir in chicken broth, carrots, sugar, salt, ginger, and water.
4. Heat to boiling then turn to low heat, cover, and simmer for 20 minutes or until carrots are soft.
5. Remove from heat and puree mixture until smooth.
6. Serve with cream if you like.

## Layered Green Salad

Place into casserole dish:

- 1/2 head of lettuce, shredded
- 1 layer celery, chopped finely
- 1 layer green onions, chopped
- 1 layer frozen peas
- 1/4 in or less mayonnaise over top

Top with grated cheese and leave in fridge overnight. Before serving you can add sliced hard-boiled eggs, chopped tomatoes, and chopped peppers on top.



## Sweet Potato Supreme

### Ingredients:

- 2 cups cooked & mashed sweet potatoes
- 2 tbsp milk or cream
- 1 tbsp melted butter
- 1 tsp salt
- 1/4 tsp paprika
- 1/2 cup packed brown sugar
- 1/2 cup butter or margarine
- Pecans to cover casserole.



### Directions:

1. Mix together sweet potatoes, milk/cream, melted butter, salt, and paprika.
2. Spread mixture into a greased casserole dish.
3. Make topping by heating brown sugar and butter/margarine over low heat stirring constantly until melted.
4. Spread over sweet potatoes and top with pecans.
5. Bake at 350°F for 40 minutes. Hint: toasting the pecans ahead of time brings out the flavour.

# 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](mailto:pearson.vanessa@gmail.com)



## **Dog Training & Mobile Grooming - Tyler Breland**

Email: [fenrirdogtrainingandgrooming@gmail.com](mailto:fenrirdogtrainingandgrooming@gmail.com)

Location: Calgary, Alberta

Phone: 587-226-1758

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

Facebook: [www.facebook.com/FenrirDogTrainingandGrooming](https://www.facebook.com/FenrirDogTrainingandGrooming)

FenrirDogTrainingandGrooming



## **Super Scoopers**

Kody: 403-510-4139

Facebook: superscoopers

Email: [calgarysuperscoopers@gmail.com](mailto: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

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

Assorted colours and patterns. \$2.00 each or 3 for \$5.00.

Call Tricia: 403-242-0048



## **Childcare:**

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



## **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](mailto: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](mailto:gramozhalili@hotmail.co.uk)



**Painting or Staining:**

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

**Peter’s Car Detailing**

Complete Interior Detailing	Complete Exterior Detailing
<ul style="list-style-type: none"> <li>• Windows</li> <li>• Dash</li> <li>• Door panels</li> <li>• Vacuum upholstery and rugs</li> </ul>	<ul style="list-style-type: none"> <li>• Wash and dry</li> <li>• Polish wheels and tires</li> </ul>
\$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](mailto: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.*

<b>SUNDAY</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
<b>MAY 12</b>	<b>13</b>	<b>14</b> <b>MEMBERSHIP @ 7:00</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
<b>19</b>	<b>20</b>	<b>21</b> <b>FINANCE @ 6:00</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b> <b>BIG BUDGET MEETING @ 6:30</b>	<b>30</b> <b>BOARD OF DIRECTORS @ 6:30 PM</b>	<b>31</b>	<b>JUNE 1</b>
<b>2</b>	<b>3</b> <b>NEWSLETTER @ 7:00</b>	<b>4</b>	<b>5</b> <b>PROPERTY MAINTENANCE @ 5:00 PM</b>	<b>6</b> <b>ENTERTAINMENT &amp; SOCIAL EVENTS @ 7:00</b>	<b>7</b>	<b>8</b>
<b>9</b>	<b>10</b>	<b>11</b> <b>MEMBERSHIP @ 7:00</b>	<b>12</b>	<b>13</b> <b>EDUCATION, INVOLVEMENT, AWARDS @ 6:30</b>	<b>14</b>	<b>15</b> <b>LAWN SALE 9 AM - 4 PM</b>
<b>16</b>	<b>17</b> <b>FINANCE @ 6:00</b>	<b>18</b>	<b>19</b>	<b>20</b> <b>MEMBERS MEETING @ 7:00 @ GRACE LUTHERAN &amp; ZOOM</b>	<b>21</b>	<b>22</b>
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b> <b>BOARD OF DIRECTORS @ 6:30 PM</b>	<b>28</b>	<b>29</b>
<b>30</b>	<b>JULY 1</b>	<b>2</b> <b>NEWSLETTER @ 7:00</b>	<b>3</b>	<b>4</b> <b>ENTERTAINMENT &amp; SOCIAL EVENTS @ 7:00</b>	<b>5</b>	<b>6</b>
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b> <b>STAMPEDE BREAKFAST 9 AM - 11 AM</b>
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>



# 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

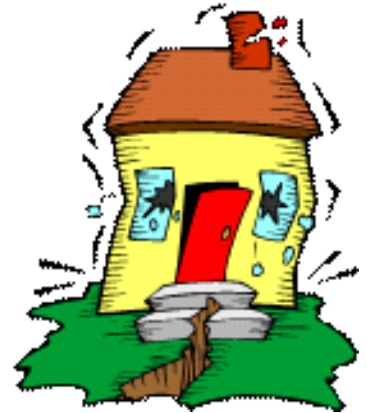
OFFICE FAX NO: 403-240-4333

### 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](mailto:janine@sarceemeadows.coop) or calling 403-246-2746 Ext. 102.

