

Connections

Your SMHC Newsletter

December 2024

TABLE OF CONTENTS

GOVERNANCE & MANAGEMENT2	RUTLAND PARK COMMUNITY ASSOCIATION12
BOARD OF DIRECTORS REPORT..... 2	Free TELUS Spark Tickets! 12
GENERAL MANAGER'S REPORT..... 3	HUMAN INTERESTS..... 13
FROM THE TEAM AT B50 4	“The Carol of Sarcee Meadows” 13
Office Hours & Holiday Closures 4	Open Letters 13
Be a Snow Angel 4	EDUCATION & AWARENESS 14
OUR RETROFIT5	SNOWBOARDING14
We need your help!..... 5	MICE – NOT IN THIS HOUSE!.....15
COMMITTEE REPORTS.....6	JUST FOR FUN!..... 16
ENTERTAINMENT & SOCIAL EVENTS COMMITTEE 6	RECIPES16
NEWSLETTER COMMITTEE..... 6	Ham & Potatoes Au Gratin 16
CSI COMMITTEE (CO-OP SENIORS INTERESTS) .. 6	Christmas Muffins.....16
Annual Christmas Senior’s Social 7	Pork Roast 16
ELECTIONS COMMITTEE 8	CLASSIFIEDS 17
SMHC Board of Directors Application Form . 10	CALENDAR20
FINANCE COMMITTEE11	CONTACT INFORMATION..... 21
Financial Statement 11	OFFICE AND SHOP CONTACTS21
COMMUNITY NEWS 12	COMMITTEE CONTACTS 2024-202522

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.



BOARD OF DIRECTORS REPORT

As the days get shorter and darker, we hope you are all finding warmth and light in holiday gatherings with friends and family! December is full of holidays; whether you celebrate Christmas, Hannukah, Kwanzaa, or Yule, we wish you happy and peaceful festivities, and restful days in between. We'll all be ready to hit the ground running in the New Year!

Speaking of the New Year, candidates' applications to run for the Board of Directors are due Tuesday January 14th, 2025! With 3 positions opening up, we hope every member of Sarcee Meadows will take some time to think about the unique skills and experience you have to offer, and consider running at our AGM on Thursday, February 13th. Our community runs best when the Board is made up of a wide range of viewpoints, and we want your perspectives in the room!

We look forward to seeing you all at the AGM!

Respectfully submitted by Megan Jovie on behalf of the SMHC Board of Directors

GENERAL MANAGER'S REPORT

Welcome to December. It is nice to finally get a bit of a reprieve from the frigid cold and snow of the last two weeks. With the warmer temperatures during the day and freezing at night, please be careful on the sidewalks. Ground Guys is tending to the known icy areas, but we may miss some, especially in construction zones.

Along with the cold temperatures we've had, I have a request for each of you please. When the temperatures are below zero, please do not open your window. The warm humid air from your unit escapes out the window and rises. When it hits the metal flashing above your window it freezes and turns to frost. This can cause issues with your windows as this freezes and thaws. Also, allowing the warm air from your unit to escape forces your furnace to work harder to maintain temperature and uses more natural gas. This contributes to increases in housing charges as we end up paying more for our natural gas.



We continue to see issues with our garbage and recycling bins, and we all need to help each other. If you are taking out your recycling and find the bins overflowing, please do not leave them in front of or behind the bins. This causes added work for the maintenance team who has to go and clean it up. This means they aren't getting to their other work orders as quickly. I know it may be a little inconvenient but please just wait till the bins are emptied and then dispose of your recycling.

Our Annual General Meeting will be held on February 13th at 7pm at Grace Lutheran Church. Once again it will be a hybrid meeting. I look forward to seeing you all there or online as we report on the past year and present the audited financial statements to membership.

With the upcoming holiday season, the office and maintenance team will be closed December 24th, 25th, 26th, and 27th. We will reopen on Monday December 30th. During this time the emergency phone will be monitored and there will be a designated maintenance team member on call each of the days we will be closed. We will be responding to emergency work orders during this time.

Happy Holidays to everyone and I hope you have a great New Year!

Thank you,

Jon Jackson
General Manager



FROM THE TEAM AT B50

Office Hours & Holiday Closures

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.

For the upcoming Holidays in December, the shop and office will be observing the following closures:

- Tuesday, December 24th, 2024 – Closed for Christmas Eve.
- Wednesday, December 25th, 2024 – Closed for Christmas Day
- Thursday, December 26th, 2024 – Closed for Boxing Day
- Friday, December 27th, 2024 – Closed
- Tuesday, December 31st, 2024 – Closed at 12:00 pm for New Year's Eve
- Wednesday, January 1st, 2025 – Closed for New Year's Day



Be a Snow Angel

While we have been fortunate to have some fantastic snow-free days, the bigger snowfalls have finally arrived. As always, The Grounds Guys crew will be on site working hard and as fast as they can to keep our sidewalks clear of snow and ice. From both SMHC and The Ground Guys, we thank you for your patience as they work through our 35-acre property and try to keep up with each snowfall.

We'd also like to thank our many neighbourhood "Snow Angels" that are willing to pitch in as well! Whether it is to get an early jump on your sidewalk or you are lending a hand to mobility challenged neighbours, these acts of kindness and compassion in our community don't go unnoticed and are greatly appreciated by everyone.

There are other ways that one can be a Snow Angel this winter. To stay safe on the roads it is important to fully clear the snow from your vehicles before you head out and be mindful that clearing snow from member parking/rental stalls is a member responsibility.

If you see a neighbour struggling with clearing their vehicle or parking stall or know someone who might have a tough time with this, please consider being a Snow Angel and helping them out when you can.

Lastly, when clearing snow from vehicles, out of parking stalls, or from anywhere else you choose to clear the snow, keeping the following tips in mind will also make you a Snow Angel:

- The best place for your cleared snow is to move it to any grassy areas or to the base of nearby trees as the extra moisture will be beneficial when the snow melts.
- Please don't create extra work for other residents or our contractors by leaving your cleared snow in behind other vehicles, in other parking stalls, in the main drive path of the parking lots, or in any area that has already been cleared.
- Please be aware of your surroundings when you are out clearing snow, for two important reasons:
 - To keep yourself safe by staying clear of any loud equipment/vehicles regardless of whether they are for snow removal, construction, waste removal, etc. The equipment operator may not be able to hear you or know that you are nearby.
 - To keep other residents safe by not inadvertently hitting them with snow or with your shovel as they are passing by or when they are also clearing snow around you.

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.

We need your help!

Congratulations everyone! We have successfully navigated through and completed our first year of Retrofit construction! As of this writing, approximately 55% of our units have experienced some aspect of the construction, whether they are in the earliest stages, fully completed, or somewhere in between. With all that experience out there, the Our Retrofit Inbox has been surprisingly quiet over the last few weeks!

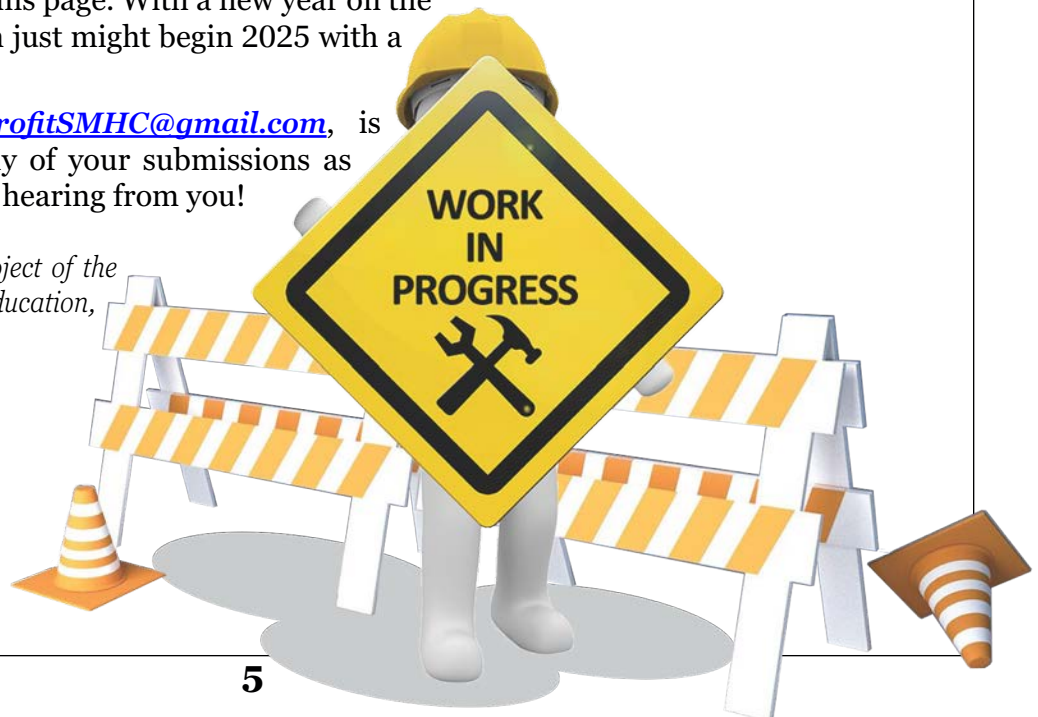
We are still encouraging those of you who have been through any part of the Retrofit to tell us about your experiences or provide helpful hints and suggestions. Anyone is also welcome to offer or ask for help in preparing for construction start dates.

We are also open to any lingering questions that might still be out there. With approximately 45% of our units not started yet, perhaps some of you still have questions about what to expect or about something specific that hasn't been addressed yet. We can publish these questions along with whatever answers we can provide or publish the questions for other members to answer if needed. Again, these would be questions related to other Members' experiences that might help you get ready for your turn. As always, questions related to ongoing construction matters specific to your unit need to go directly to Jon Jackson, Mike Read, or Jon Van Camp.

It is also possible that it is time for the Our Retrofit column to evolve beyond just tips and questions. We'd love to continue sharing the journey of our retrofit and celebrate our progress as we embark into the next year of construction work. With that in mind, we are asking for your ideas and suggestions as to what else you'd like to see on this page. With a new year on the horizon, the Our Retrofit column just might begin 2025 with a fresh new look!

The Our Retrofit inbox, RetrofitSMHC@gmail.com, is always open and waiting for any of your submissions as noted above. We look forward to hearing from you!

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



Committee Reports

ENTERTAINMENT & SOCIAL EVENTS COMMITTEE

Since our November meeting was later in the month, we missed the opportunity to report in the November Connections. So, this month we are both looking back and looking ahead!

November: The Halloween event at B50 was a spooktacular success, filled with fun, costumes, and treats! It was wonderful to see everyone dressed up, from creative costumes to festive little ghouls and goblins. Each child received a treat bag, and the dance floor was alive with spooky moves and laughter. The committee is already looking forward to Halloween 2025 and is excited to host another spectacular event that promises fun for all ages.

We also would like to take a moment to remember and honor all our veterans. To the members of Sarcee Meadows who have served, we extend our deepest gratitude for your dedication, sacrifice, and bravery. Your service has made a lasting impact, and we truly appreciate all that you have done for our country and our community. Thank you for your unwavering commitment and for the freedom we enjoy today. We are forever grateful.

December: Wishing all the wonderful members of Sarcee Meadows a joyful holiday season! Whether you celebrate Christmas or another tradition, we hope your days are filled with warmth, love, and cheer. As winter has now arrived, we also hope everyone is staying cozy and safe during this chilly time of year. Enjoy the season to its fullest!

As we look ahead to the new year, we are filled with excitement and optimism for what 2025 will bring. Wishing everyone a Happy New Year filled with health, happiness, and success! We look forward to continuing our efforts to plan events that support and strengthen our community, bringing neighbors together and fostering a spirit of unity. Here's to another year of connection, growth, and shared memories!

NEWSLETTER COMMITTEE

It's hard to believe that we are almost at the end of another year! Just enough time to wrap up the last of the Christmas gifts, finish the decorating, and perhaps replace some of the baking goodies that have already been eaten.

We have included some new articles for you as well as some new recipes. Please send in any items you would like us to include in the Newsletter - perhaps you have some recipes for dishes that can be prepared with the Christmas leftovers or some hearty dishes you prepare on those cold winter days.

Seasons Greetings to everyone and a Happy New Year! Stay safe and enjoy spending time with your family and friends.

CSI COMMITTEE (CO-OP SENIORS INTERESTS)

With December here we are busy with final touches as we look forward to our Seniors Holiday Celebration on Sunday, December 8th! Hope to see you there!

We are sending our warmest wishes out to all our members and their families during this festive season! However you celebrate, may your holidays be joyous and full of the spirit that comes with spending time with your loved ones. Stay warm and safe! Season's Greetings and Happy New Year!

Speaking of the New Year, perhaps one of your goals for 2025 is to become a Sarcee Meadows Volunteer. Our CSI Committee is always ready to welcome new members! While the majority of this committee is to be 55 and up, we welcome members of any age who enjoy working with our senior community! Our next meeting is on Wednesday, January 15th, 2025 at 1:00pm, in B50 if you'd like to come check it out.



HEAR YEE!
HEAR YEE!
CSI HAS THIS TO
SAY

OUR HOLIDAY CELEBRATION WILL BE
HELD UPON THIS DAY

SUNDAY DECEMBER 8TH, 2024
FROM 1:00 PM TO 4:00 PM
B50

SENIORS, JOIN US FOR THE
CELEBRATION - COFFEE - TEA - GREAT
FOOD AND CONVERSATION!!

ELECTIONS COMMITTEE

***Yes,
it's that time of year
again
to remember
that now we have***

three upcoming vacant seats for 3year terms,
on the
2025 SMHC Board of Directors



Please fill in your Nomination Form and
email/drop off to the office [B50] by.....

Tuesday, January 14, 2025, by 4:00PM

SARCEE MEADOWS HOUSING CO-OPERATIVE LTD.



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

NOTICE of

UPCOMING ELECTION for THREE (3) UNFILLED POSITIONS

on SARCEE MEADOWS BOARD of DIRECTORS

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

Elections will be held at our Annual General Meeting on Thursday, February 13th, 2025

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

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

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

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

Your Voice is important - Looking Forward to Your Participation!

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

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

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

Tuesday, January 14th, 2025

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

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

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

NAME: _____ **UNIT#** _____

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

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

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

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

Signature

Date

FINANCE COMMITTEE

Financial Statement

Income Statement (for 12 months - November 1, 2023 to October 31, 2024)

	<u>Actual</u>	<u>Budget</u>	% of Budget
Revenue from Housing Charges	\$ 4,840,139.00	\$ 4,846,944.00	100%
All other income	\$ 394,176.72	\$ 115,840.00	340%
Total Revenue	\$ 5,234,315.72	\$ 4,962,784.00	105%
 <u>Expenses</u>			
Total Insurance & Property Taxes	\$ 546,466.72	\$ 598,500.00	91%
Total Utilities	\$ 1,426,076.67	\$ 1,280,418.00	111%
Total Routine Maintenance Costs	\$ 799,886.15	\$ 651,150.00	123%
Total Personnel and Payroll Costs	\$ 1,078,550.93	\$ 955,513.89	113%
Total Administration Costs	\$ 191,584.85	\$ 94,350.00	203%
Total Democratic Functioning	\$ 140,253.15	\$ 151,854.00	92%
Total Reserve Savings	\$ 842,787.50	\$ 1,038,596.00	81%
Total Expenses	\$ 5,025,605.97	\$ 4,770,381.89	105%
 Net income for eight months	 \$ 208,709.75	 \$ 192,402.11	



Community News

RUTLAND PARK COMMUNITY ASSOCIATION

Free TELUS Spark Tickets!

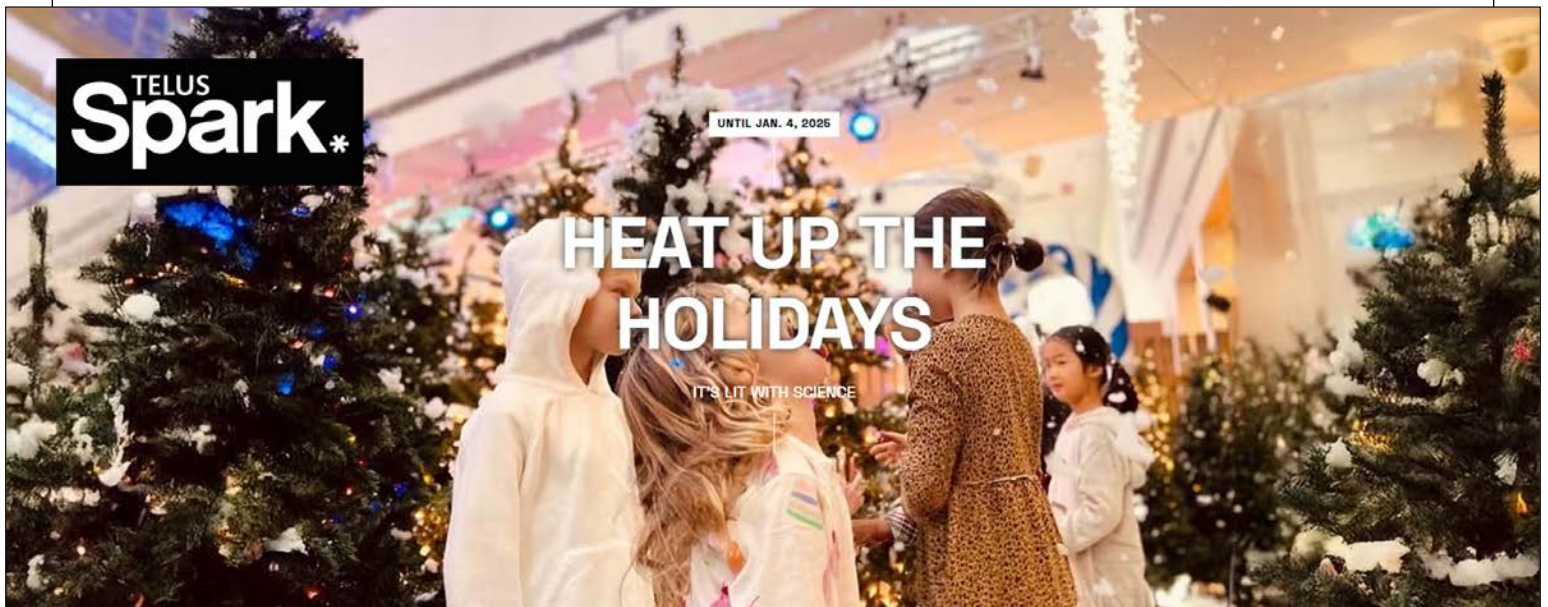
We have a **limited number** of TELUS Spark tickets available if you are looking for things to do during the holidays. We appreciate TELUS offering these free tickets to our community, especially in these difficult financial times.

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

- **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**

To see what is happening at TELUS Spark this month visit their website here:

<https://www.sparkscience.ca/holidays-at-spark>



Human Interests

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 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.

“The Carol of Sarcee Meadows”

*In Sarcee Meadows, the snowflakes fall,
A community rises, standing tall.
Where neighbors come, with hearts so wide,
And volunteers work with love and pride.*

*Oh, Sarcee Meadows, we sing of thee,
A place of joy and unity.
With open hands, we build and share,
A home of love beyond compare.*

*From dawn till dusk, they give their time,
In gardens blooming, so sublime.
Fixing, cleaning, a helping hand,
Together strong, we proudly stand.*

*Oh, Sarcee Meadows, we sing of thee,
A place of joy and unity.
With open hands, we build and share,
A home of love beyond compare.*

*Through every season, through every year,
The spirit of giving draws us near.
With every smile, with every cheer,
We make this home, year after year.*

*Oh, Sarcee Meadows, we sing of thee,
A place of joy and unity.
With open hands, we build and share,
A home of love beyond compare.*

*So, here's to volunteers, so kind and true,
Sarcee Meadows, we thank you!
Together we stand, hearts full of grace,
In this home, we find our place.*

Open Letters

Dear Newsletter Committee,

Thank you for writing such great stories and articles for the Connections Newsletter. I particularly adore the articles written by Theresa and Wendy! They are always so enjoyable to read!

**With gratitude,
Val Smith, Unit J587**

A Letter of Thanks

Hello Fellow Members,

I know so many of you personally, but we do not see each other as often. I would like to wish each of and your loved ones a very Happy Holiday Season and may 2025 bring good things your way!

As we all navigate the Retrofit, the complex looks fantastic. I love the door colours each member has chosen, and the front “porches” are taking on a character of their own. New furniture, planters, and great décor is beginning to appear in many areas.

Recently, all active Volunteers [from 2023] in Sarcee Meadows received a wonderful letter of appreciation as well as a gift card as appreciation for their efforts in Sarcee Meadows. Thanks so much! I am always impressed by our various committees, for the great contributions they so freely give.

**Sent with Warmest Wishes,
Isabell Reznik, Unit K691**

Education & Awareness

SNOWBOARDING

Respectfully submitted by Wendy Thomson

Snowboarding is a winter sport with roots in skiing, surfing and skateboarding where the primary activity is riding down. Snowboarding involves descending a slope that is covered with snow while standing on a board attached to a rider's feet using a special boot set on a mounted board. This sport was developed in the U.S. in the 1960's and 1970's and became a Winter Olympic Sport in 1998.

The modern snowboard resembles an oversized wheelless skateboard to which the rider's feet are attached with bindings. The size and shape of the snowboard varies according to the intended use of the board and the size of the snowboarder. The average size of a board is 5ft (1.5 meters) in length and 10 inches (25cm) in width. All boards have a side cut (giving them a shape like an hourglass), varying from deep to shallow and allowing boards to be easily turned from edge to edge.

There are many different styles of snowboarding and some of them include:

Free Riding: This is riding at one's leisure in any terrain and only bound by the mountain.

Free Style: This term describes all riding where tricks are performed.

Urban: This style of riding is characterized by the use of existing features within or around urban and human-made landscapes. Includes such features as handrails, ledges, parking structures, walls, etc. Street riding has surged in the last handful of years and is the most accessible form of riding for younger riders.

Half Pipe: Made the most popular by the last four Olympics. This part of snowboarding involves performing tricks while riding through a massive U-shaped snow feature at high speeds. Today's massive pipe productions allow riders to go faster, go bigger and invent new tricks.

Boardercross Racing: This side of snowboarding includes races such as slalom, giant slalom and boardercross. Boardercross is an adaptation of BMX riding where four riders race down a course of jumps, berms, etc. Slalom racing is a timed race through a series of gates.

Equipment required for this activity includes a helmet, snowboard bindings, snowboard jacket, snowboard pants, gloves with wrist straps and snowboard boots. Snowboarding, although a lot of fun, can be a dangerous activity. Those who want a little extra protection can consider wearing protective gear such as helmets, goggles, high-quality base layers, impact shorts, wrist guards, elbow pads, shin guards and knee pads.

Skiing or snowboarding on a regular basis will benefit your heart and lungs and improve the efficiency of your cardiovascular system. Riding downhill is a great aerobic workout for your heart and because it's done outside, it can improve circulation and infuse the body with fresh oxygen.

Snowboarding can be physically demanding as riding down the mountain requires strength and endurance and you may feel sore after a day on the slopes.

Who knows, maybe you want to try snowboarding to see if it is the winter sport for you!



MICE – NOT IN THIS HOUSE!

Respectfully submitted by: Slawa Gruszczynska

In the November issue of “Connections”, there was a comprehensive article that we published entitled: “How to Keep Mice Away from Your House – Permanently”. All the valuable information included is useful and important to keep in mind.

Following the virtue that Prevention is better than Intervention, I would like to convey few other tips:

- To keep mice away from home through all seasons, Amazon offers a few smart products. I selected two of them and installed it in my unit. Please see the images attached to help with shopping.
- Additionally, Canadian Tire offers a selection of items to choose from. I purchased a trap that doesn't kill and allows you to release trapped mice outside, away from your unit. No need for baits.

I believe that Rodents have a significant role to play in nature. They don't belong in our homes, but they don't know that. We need to keep them away from our homes in a humane way and be compassionate.



CATCH & RELEASE • CAPTUREZ ET LIBÉREZ

TOMCAT®

MULTI LIVE CATCH Mouse Trap
PRISES VIVANTES MULTIPLES Piège à souris

- Ready-to-use
- Child safe
- Captures up to 10 mice at a time
- Prêt à utiliser
- Sûr pour les enfants
- Capture jusqu'à 10 souris à la fois

Contains **1** Trap
Contient **1** piège

Find this and more at Canadian Tire or click here:

<https://www.canadiantire.ca/en/pdp/tomcat-multiple-live-catch-mouse-trap-child-safe-1-pk-1592118p.html>

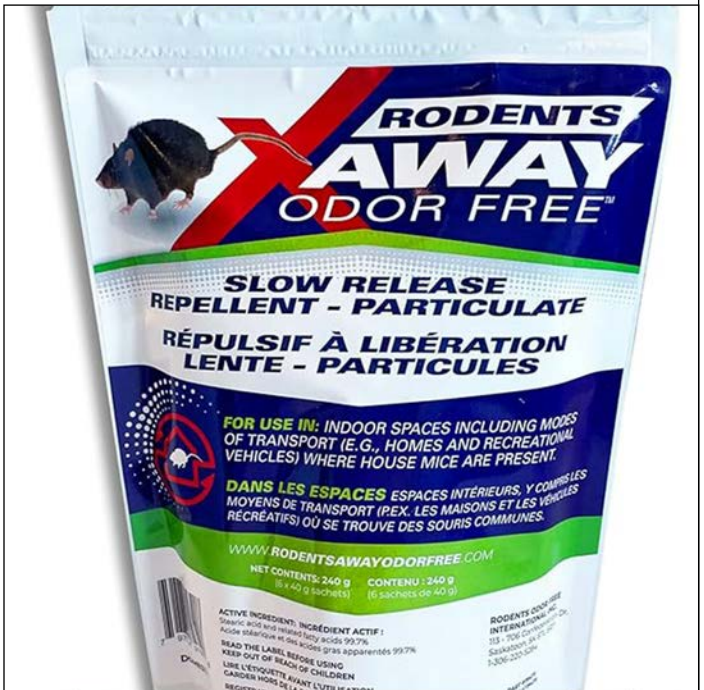


Ultrasonic Pest Repeller, Plug-in Insect Repellent, Pest Control for Insects, Spiders, Mices, Roaches, Mosquitoes, Bugs, Flies, Indoor Use -Non-Toxic Eco-Friendly, Human & Pet Safe [6 Pack]

Brand: SENQIAO
4.1 ★★★★★ 271 ratings
Amazon's Choice

500+ bought in past month

Find these on Amazon.ca, click here: <https://a.co/d/bruRWGu>



Rodents Away Odor Free 6-Pack, Slow Release Mouse Repellent

Visit the Rodents Away Odor Free Store

3.9 ★★★★★ 761 ratings | Search this page

1K+ bought in past month

Find these on Amazon.ca, click here: <https://a.co/d/70iDbC6>

Just For Fun!

Recipes respectfully submitted by Margaret Van der Meer



Christmas Muffins

Ingredients:

- 1 egg
- 1 cup milk
- ¼ cup oil
- 2 cups flour
- ¼ cup sugar
- 1tsp salt
- 3 tsp baking powder
- ½ cup candied mixed fruit (as used for fruitcakes)

Directions:

1. Line muffin tin pan with paper muffin wrappers and spray inside of each wrapper vegetable oil.
2. In mixing bowl, beat egg with a fork and then stir in milk and oil.
3. Add remaining dry ingredients and mix well.
4. Fold in fruit, batter should be lumpy.
5. Spoon batter into muffin wrappers until 2/3 full.
6. Bake at 400°F for 20 to 25 minutes. Serve warm.

Ham & Potatoes Au Gratin

Ingredients:

- 2 pkgs dried Potatoes Au Gratin mix
- 1 lb ham, cut into cubes
- 2 tbsp dried minced onions
- 1 can mushrooms (pieces and stems), drained
- 1 can peas, drained

Directions:

1. Prepare both potato mixes according to package directions.
2. Add cubed ham, minced onions, drained mushrooms, and drained peas and stir together in casserole dish.
3. Bake at 400°F for 40 to 45 minutes.



Pork Roast

Ingredients:

- 3 – 4 lb pork roast
- 1 can cream of mushroom soup
- 1 can cream of celery soup
- ½ cup water
- 1 medium onion

Directions:

1. Trim as much fat off pork roast as possible and place in baking pan.
2. In a separate container combine both soups with water and mix together.
3. Pour the mixture over the meat being sure to cover it completely.
4. Slice onion and cover the meat with the onion slices.
5. Bake at 350°F for 90 minutes.

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.

Help Wanted:

I am looking to hire someone to remove the snow from my vehicle after a snowfall over the winter. I am currently physically unable to do this on my own.

Price to be negotiated.

If interested, please call Kelly @ 403-605-7743



For Sale:

- 2-year-old Nexgrill BBQ
Like new, it was only used a few times last year and not used this year.
Comes with Owner's Manual and Propane Tank (3/4 full).
Asking \$250 or Best Offer
- 2 Clear Ikea large totes on wheels
1 for \$15, or 2 for \$25

Call Bev at 403-244-4206, Unit B65

For Sale:

Women's Golfing Package:
Clubs, Bag, & Cart

Asking \$200.00,
or best offer.

If interested, call
403-240-0274.



For Sale

Please contact Terry at sof@shaw.ca or home phone 403-249-7569, in J section.

Kitchen table with 2 captain (arm) chairs, 4 side chairs, and leaf already in - \$125 or best offer.



Recliners (two) like new -w \$75 each or both for \$125 or best offer.



Wooden Glass Top Side Table \$50 or best offer.



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



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



Knife Sharpening:

\$5.00 per knife

Bill (D251) 403-875-4096

Make sure that your knives are up to the task.



Knitted Dish Cloths for Sale:

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

Call Tricia: 403-242-0048

Foot Care:

Therapeutic Foot care by RN includes:

Assessment, Nail Care, Skin Care, Callous Reduction, Education.

Services provided in your home. For appointment phone: 403-640-7965.



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

Healing Intentions:



Energy/Crystal Healing
Psychic/Mediumship
Card Readings
Crystal Grids
Personalized Crystal Kits
Book a Party

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

Pharmacy Assistance:

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

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



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
8 CSI SENIORS SOCIAL 1:00-4:00	9 ENTERTAINMENT & SOCIAL EVENTS @ 7:00	10	11 MEMBERSHIP @ 7:00	12 EDUCATION, INVOLVEMENT, & AWARDS @ 6:30	13	14
15	16 FINANCE @ 6:00	17	18	19	20	21
22	23	24 SHOP & OFFICE CLOSED FOR CHRISTMAS EVE	25 SHOP & OFFICE CLOSED FOR CHRISTMAS DAY	26 SHOP & OFFICE CLOSED FOR BOXING DAY	27 SHOP & OFFICE CLOSED	28
29	30	31 SHOP & OFFICE CLOSED AT NOON (12:00 PM) FOR NEW YEAR'S EVE	JANUARY 1 SHOP & OFFICE CLOSED FOR NEW YEAR'S DAY	2	3	4
5	6 NEWSLETTER @ 7:00	7	8 MEMBERSHIP @ 7:00	9 EDUCATION, INVOLVEMENT, & AWARDS @ 6:30	10	11
12	13 ENTERTAINMENT & SOCIAL EVENTS @ 7:00	14	15 COOP SENIORS INTERESTS @ 1:00	16 JOINT BOARD & FINANCE COMMITTEE @ 6:30	17	18
19	20 FINANCE @ 6:00	21	22	23	24	25
26	27	28	29	30 BOARD OF DIRECTORS @ 6:30	31	FEBRUARY 1
2	3 NEWSLETTER @ 7:00	4	5 PROPERTY MAINTENANCE @ 5:00	6	7	8
9	10 ENTERTAINMENT & SOCIAL EVENTS @ 7:00	11	12 MEMBERSHIP @ 7:00	13 ANNUAL GENERAL MEETING @ 7:00 GRACE LUTHERAN AND ONLINE	14	15

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 R.
- 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.

- Stephen 201
- Brad 202
- Eric 203
- Josh 205
- Will 206
- Jeff 207
- Mike P. 209
- Jevon 209



After Hours Emergency Maintenance:

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

After Hours Emergencies refer to:

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

COMMITTEE CONTACTS 2024-2025

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

Chair: Hilda Mohr
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: VACANT

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.

