



# Connections

Your SMHC Newsletter

January 2025

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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.



## **BOARD OF DIRECTORS REPORT**

### **Happy New Year, Sarcee Meadows Community!**

We hope you all had a joyful holiday season filled with time spent with family and friends. As we embrace the new year, we can look forward to the gradual return of longer days—by February, we'll gain about three additional minutes of daylight each day!

This is also a great time to get involved in shaping our community. **Three positions on the Board of Directors are opening**, and we encourage all members to consider applying. Applications are due by **Tuesday, January 14<sup>th</sup>, 2025**.

Serving on the board is a fantastic opportunity to contribute your unique skills and perspectives. Our community thrives on its rich diversity, with members bringing a wide range of viewpoints and experiences to the table.

We look forward to seeing members participate in running for one of the board positions at the **Annual General Meeting on February 13<sup>th</sup>, 2025**. Let's continue building a vibrant and inclusive Sarcee Meadows together!

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

## **GENERAL MANAGER'S REPORT**

I hope that everyone had a great holiday season. I had a very enjoyable one with my kids and then spent New Year's Eve with Natalie. As she is French, I made her a four-course French dinner. For the first time in my life, I attempted choux pastry to make gougères. Judging from the reaction on her face, I think I was successful.

The Big Bin will be here till January 16<sup>th</sup>. Please remember to just put your items beside the bin. This allows us to ensure items placed in the bin are spaced out, allowing us to maximize the number of items going into it. By maximizing the use of space in the bin we save money as we pay a fee every time it must be picked up and emptied. Also, if you haven't already put your real Christmas tree out for disposal, please do so as soon as possible. Real trees can be laid on the island of your parking lot beside the garbage bins.

With the colder weather and with the construction going on throughout our community, the furnace filters are working harder than ever. Please change your filters at least once a month and if your unit is under construction consider doing it more often. We have filters in the office that you can grab anytime you need them.

We also would like to remind everyone that propane tanks are not to be inside of a unit. This includes both storing them in the unit and using them in the unit. We have received some reports of propane tanks being inside units and need to ensure this does not happen.

With our having more employees who do not live here, that has increased the number of employee vehicles needing to park at B50. As a result, ALL the spaces in front of B50 are now employee-only parking between 7:00 am and 6:00 pm. The two stalls at the end outside of those hours can be used but any vehicle must be moved before 7:00 am.

Finally, just a reminder that the AGM is on Thursday, February 13<sup>th</sup>. This is your opportunity to elect representatives to the Board of Directors and to review the audited financial statements. I look forward to seeing everyone there.

Thank you,  
Jon Jackson  
General Manager



## FROM THE TEAM AT B50

### Reminders from the Maintenance Team

**Propane:** Please, do not use propane cooking or heating appliances indoors for the safety of yourself and your neighbours. Additionally, never store propane cylinders (either full or empty) inside your home. Propane should be stored outside in a shady, protected area, and far from any heat or flame source. Always keep the cylinder:

- outside and upright
- closed when stored (even if empty)
- upright and secure when transporting (whether full or empty)
- on firm footing when in use outdoors

**Construction Bins:** Do not use the CANA construction bins for household garbage! These bins are each designated for specific materials, some of which are hazardous. Contamination from the wrong types of waste requires someone to climb in to remove it, which puts them at risk of injury.



**Members and residents are to use only the BLUE BINS, labelled with T & T Disposal Services, for garbage and recycling.**

**Garbage, Recycling, & Organics:** Please do not throw organic waste (compostables) or garbage into the Recycling Bins and do not put non-compostable garbage into the Organic Recycling Bins. This contamination can lead to penalties and added costs for our waste & recycling services.

Cardboard boxes must be flattened before going into the recycling bins. This allows for more space for everyone to use the bins and prevents them from filling up too soon before the next pick-up date.

**Lawn Service Taps:** All lawn service taps in units that have not yet been retrofitted should be turned off by now and outside hoses removed. If you have not done this yet, please do so as soon as possible, watch for leaks or other evidence of frozen/burst pipes, and call in a work order at once if you have any issues.

Units that have had their lawn service changed with the Retrofit no longer need to be turned off. However, the hoses still need to be removed during the winter. Again, please do this as soon as possible if it hasn't been done yet.

**Downspouts:** Please always keep your downspouts down. With Calgary's winters experiencing frequent warmer temperatures, this ensures that the runoff of melting snow from the roofs will be directed away from the buildings.

**Furnace Filters:** Remember to check your furnace filters regularly and change them as needed. In general, furnace filters should be changed at least once a month. However, while you are in or near an active construction area the filters may need to be changed more frequently. Furnace filters are always available at the shop or office for no charge.

### Visitor Parking Issues and Rental Stalls

We continue to have issues with the Visitor Parking Stalls. Of concern are unreported visitors and members and non-member residents of Sarcee Meadows using the visitor parking stalls.

Please remember that visitors to your unit who may be using a visitor stall for an extended period of time should be reported to the office, and Visitor Parking Permits are required for visitors staying longer than 48 hours.

Also, a reminder to everyone who currently resides at Sarcee Meadows, that the parking policy states: **“Members and non-member residents will park vehicles in their unit stall or rental stall only.”**

If you are in need of an additional parking stall please contact the office to get on the Rental Parking Stall Waitlist. On the other hand, if you currently have a rental stall that you no longer need, please consider relinquishing it back to us so that another member can benefit from it.

### 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.

**The shop and office will be closed on Monday, February 17<sup>th</sup>, 2025 for Family Day.**

# Our Retrofit

*This column began as 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. Going forward this column will also be supplemented with updates, progress reports, and other information from Administration.*

*It is still a place to gather ideas and input from those who've experienced the Retrofit or questions from those waiting for their construction to begin. All members are free to submit their experiences, helpful hints, suggestions, and questions. Members are also 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".*

*Member 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.*

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

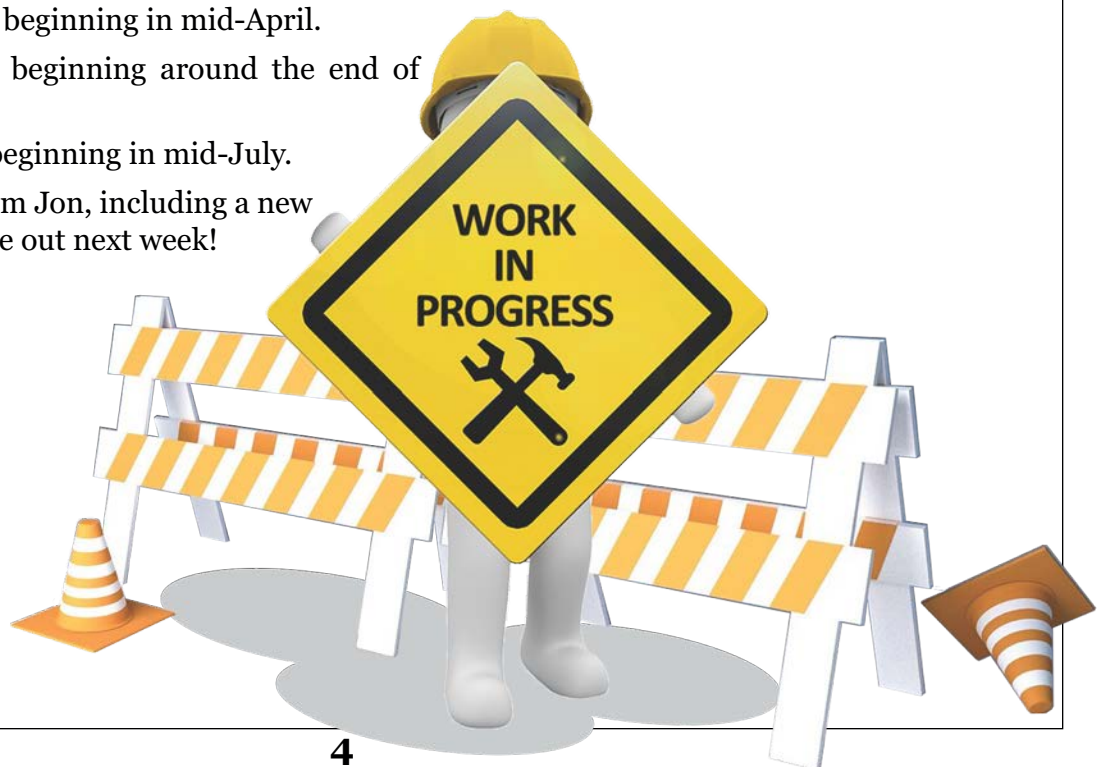
This month we have some progress details provided by our General Manager, Jon Jackson. As well, we are including the recent ERV info in case you missed it in your inboxes and mailboxes.

## **Retrofit Progress**

As of the beginning of January, the Retrofit Project has reached 49% completion! Updates for individual zones are as follows:

- Zone 3 has reached Substantial Completion status.
- Zone 4 is 90% finished. The remaining work includes roofing, eavestroughs & downspouts, and deck railings.
- Zone 5 is 60% finished. The next stages for most of the zone are siding and roofing.
- Zone 6 is 30% finished. The work is halfway through the demolition and sheathing.
- Zone 7 has just started retrofit work.
- Zone 11 should be starting on February 13<sup>th</sup>.
- Zone 10 is tentatively beginning in mid-April.
- Zone 9 is tentatively beginning around the end of May.
- Zone 8 is tentatively beginning in mid-July.

Watch for a full update from Jon, including a new tentative schedule, to come out next week!

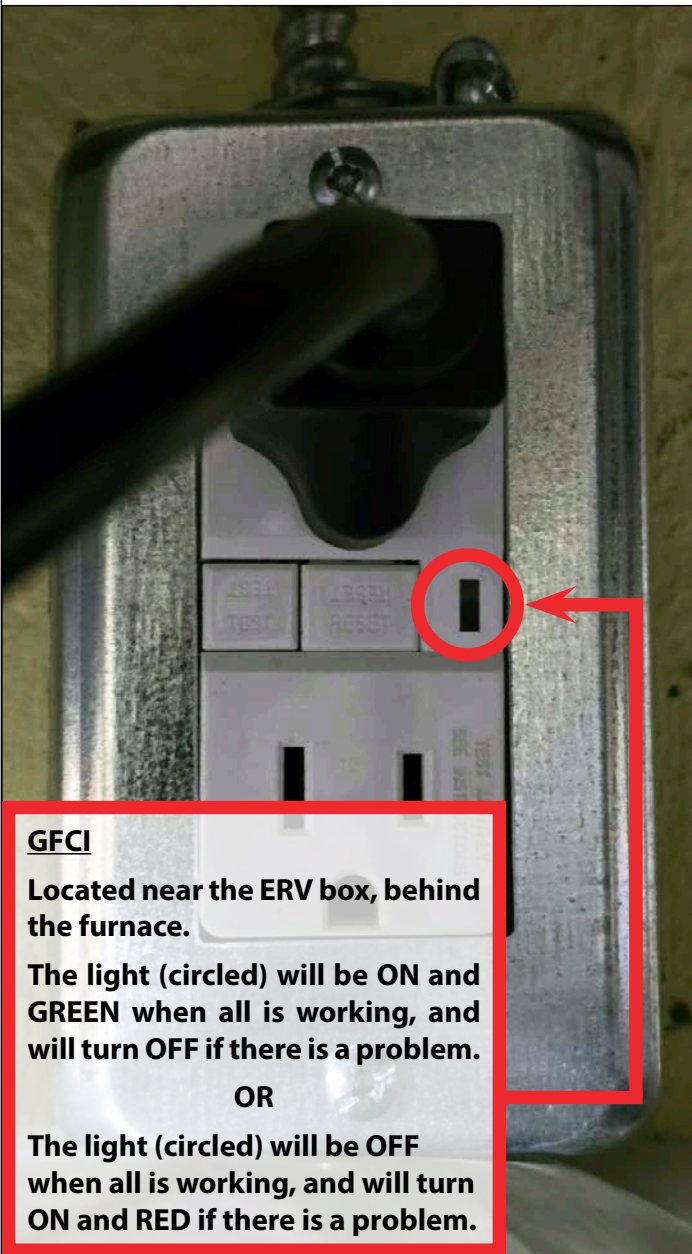




**ERV Issues:**

Thank you to everyone who reset their GFCI for the ERV. We understand that some of you have not done so yet or doing so did not restart the ERV. If this is the case please do so as soon as possible. It is very important that the ERV always be on and running as it helps maintain the air quality and humidity levels in your unit.

1. Check the GFCI outlet that the ERV is plugged into. If the green light is not on (or a red light IS on), press the reset button on the outlet.
2. The ERV will cycle on after a couple of minutes. It will start on high speed, then stop, and approximately three minutes later will resume normal activities.
3. If this does not work Please check the AFCI.
4. The AFCI will be located close to your electrical panel. It looks like an outlet without anywhere to plug something in.
5. If the light is not on (or a red light IS on) please press the button marked "ON." Then go and check the GFCI outlet to ensure it is still showing a green light (or the red light has turned off).



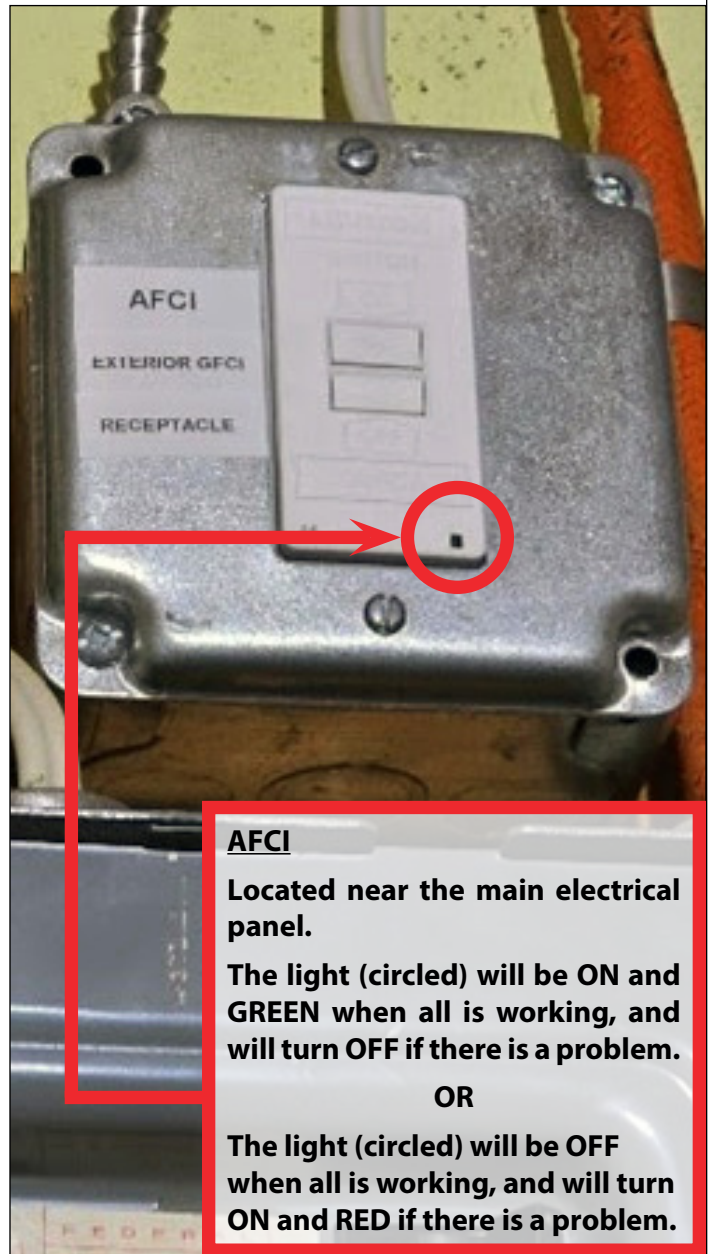
**GFCI**

Located near the ERV box, behind the furnace.

The light (circled) will be ON and GREEN when all is working, and will turn OFF if there is a problem.

OR

The light (circled) will be OFF when all is working, and will turn ON and RED if there is a problem.



**AFCI**

Located near the main electrical panel.

The light (circled) will be ON and GREEN when all is working, and will turn OFF if there is a problem.

OR

The light (circled) will be OFF when all is working, and will turn ON and RED if there is a problem.

# Committee Reports

## ENTERTAINMENT & SOCIAL EVENTS COMMITTEE

The Entertainment and Social Committee hopes everyone had a safe and joyful holiday season and that you are entering 2025 with health, happiness, and excitement for the year ahead.

We are eager to continue our work in planning and organizing special events that bring our community closer together.

With a fresh year ahead, we look forward to collaborating on new and engaging activities that will make 2025 a year full of memorable moments for all of us.

Here's to another great year of connection and celebration!

## NEWSLETTER COMMITTEE

Happy New Year! We hope you all had a wonderful holiday. Now, it's time to get back into our daily routines as we make our way through 2025.

Do you have any plans to volunteer on any Committee this year? We are always looking for volunteers, so please consider joining the Newsletter Committee. Or maybe you'd just like to contribute every now and then? Member submissions to be included in the Newsletter are also always welcome and could include recipes, craft ideas, personal experiences or places you have visited that may be of interest to others, and so on.

Remember that the various Committees we have at Sarcee Meadows can only function successfully with the participation and contributions of all Members.

In this issue, we have provided some articles and recipes as well as other items that may be of interest to you.



HAPPY  
NEW  
YEAR!  
2025



**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 13<sup>th</sup>, 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](mailto:janine@sarceemeadows.coop) or drop it off at the office (B50) – Submit by the Deadline:**

**Tuesday, January 14<sup>th</sup>, 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.

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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**

# 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](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.*

## *🌀🌀🌀 Terry Kushner 1961 - 2024 🌀🌀🌀*

Sadly, I am writing to report the passing of my loving and kind sister Terry Lee Kushner (born August 11, 1961, in Calgary, Alberta – died December 22, 2024, in Calgary, Alberta). Many know Terry’s significant health struggles over the last 15+ years including most recently an against-the-odds successful battle against pancreatic cancer. Ironically, the woman with the biggest heart I know was taken down by that same heart today.

Terry often joked that as a kid she only wanted two things: a baby brother and a cat, and not in that order. She got her wish when I was adopted in 1966 – see picture. She was an incredibly talented musician and vocalist, having released her own single “One Step” and also performing as a backup singer for many Canadian artists in the 1980s and 1990s. She parlayed her musical talents into a long career as an entertainer on various cruise ships, travelling the world for Radisson Seven Seas and other premium cruise lines performing at night clubs as a lead vocalist. When her music career ended and she returned to Calgary, she even had a stint with the front office of the Calgary Flames. Terry’s true passion, though, was animals – she

loved cats (including her most recent Avery) but really cared about all creatures big and small. Right up to her passing, she was donating money to all causes to support the health and welfare of animals.



Those who knew Terry well knew how hard she fought despite the incredible health challenges she faced, so while we are sad to have lost her from his world, knowing her strong faith in God and that her pain and suffering have ended gives us some measure of happiness and relief.

She is survived by her mother Marlene of Calgary and her brother Gordon (and wife Patti) of Scottsdale, Arizona, nephew Brantley (and wife Daniella) of Chicago, Illinois and niece Katerina of Portland, Oregon.

A celebration of life will be held at Eden Brook Funeral Home, 24223 Township Road 242, Calgary Alberta T3Z 3K2 on January 16, 2025, @ 2:00 pm. In lieu of flowers, please consider making a donation to the Calgary Humane Society (<https://www.calgaryhumane.ca/?form=donate>) in Terry’s name.



# Education & Awareness

## **SKIJORING**

*Respectively submitted by Wendy Thomson*

Skijoring is a winter sport in which a person on skis is pulled by a horse, a dog (or dogs), another animal, or a motor vehicle. The name is derived from the Norwegian word skijoring, meaning "ski driving". It is a competition in which skiers are towed by rope at speeds that can top 40 mph, over jumps as high as 8 feet and around obstacles as they try to lance suspended hoops with a baton.

It is possible to enjoy recreational skijoring on classic and backcountry skis, but the classic ski technique is inefficient at assisting a dog and is pretty much impossible with a dog going any faster than walking.

### **Skijoring With a Horse**

A skier is pulled by a horse or team of horses through a course that includes obstacles and jumps. Skiers hold a rope which must be no longer than 33 feet for a straight course and 50 feet for a curved course. The rope is attached to the D-rings on the back of the saddle by a carabiner and harness. Typically, competitors use Western saddles. Horses' hooves are fitted with special snowshoes for additional traction and tear-up snow as they haul the skiers behind them at speeds up to 50 miles per hour. The horse and skier work together to complete the course in the shortest possible time.

### **Skijoring With Dogs**

This involves a skier using skis and poles while the dog adds additional power by running. Skijoring with dogs has its origin in dog mushing, where the dogs pull the musher on a sled.

In skijoring, the skier wears a ski harness, and the dog wears a sled dog harness as well as

dog boots. The two are connected by a rope and the dog is motivated by the desire to run.

### **Regulations and Rules**

- Rules are the same for open, sport and Novice divisions.
- All skiers must wear an approved snow sport helmet.
- Protective vests are recommended for riders.
- A horse may not run more than 2 times in a day, in any of the main divisions (Novice, sport and Pro).

In skijoring, endurance is the key as it involves sustained physical effort, making it an excellent cardiovascular exercise. It is a fun way to stay active in winter, combining strength, agility and stamina.

Skijoring is particularly popular in Poland and Switzerland, as well as in Colorado, Wyoming and Montana in the United States. You can try skijoring at groomed cross-country ski trails. Also, you can view skijoring at Banff and Lake Louise's annual Snow Day Festival. Teams of athletes and horses from Skijoring Canada will descend on the town of Banff for a breathtaking exhibition of horse riding, trick riding and ski stunts. For more skijoring locations, check out Skijor Canada at:

<https://www.Skijorcanada.com>.



*Photo by Unknown Author is licensed under [CC BY-NC-ND](https://creativecommons.org/licenses/by-nc-nd/4.0/)*

# Seasonal Colour Changing

By Theresa B

Have you ever noticed how rabbits turn from brown to white in the wintertime? This phenomenon is known as seasonal colour changing. That is how they seemingly disappear into the snowy landscape. The snowshoe hare, who roams in Calgary, and many other animals use this adaptation. But how does it happen? And why does it happen? You're about to find out!



## How Does It Happen?

Seasonal colour changing has to do with photoperiod, which is a fancy term for the amount of sunlight. When the days get shorter in the fall, a signal is sent through the animal's body to start preparing and growing a winter coat. This works the same in the spring when the days get longer. The same signal is sent through the animal's body, but this time it grows a brown coat for the summer.

Some animal's fur changes due to temperature. When the weather cools down in autumn and winter, the animal's body will get the sense that it needs a longer, lighter coloured coat to keep warm and blend in the environment. This works hand-in-hand with the daylight-sensitive response, to ensure that the animal has the right fur length and colour for all the seasons.

The snowshoe hare mostly uses the sunlight-sensitive response when changing colour in the seasons, but the temperature response also plays a role in this adaptation. You may have noticed that bunnies sometimes are not fully white in the winter, or not fully brown in the summer. This is because of the temperature. For example, in the winter, if the temperature is unusually warm and there is little snow on the ground, the hare may not fully turn white and have mixes of brown in its coat. And if in the spring, the temperature is unusually cold and there happens to be snow, the rabbit may not fully turn brown. This usually happens in the transitional periods, (spring and fall) as the hare cannot automatically turn white or brown when the correct season comes. Though it looks strange to see the mix of colours on the hare, it still provides some camouflage for the hare.

## Why Does It Happen?

Seasonal colour change happens because of one very important thing: camouflage. This allows the animal to either hide from predators or blend in to catch prey. The white pelt can easily camouflage in snowbanks, while the brown pelt can blend in with forests and fields.

This adaptation also happens because of temperature. When seasonal colour change happens in the winter, the coat extends so it can keep the animal's body warm. In the spring/summer, the fur is shorter, so the animal can still stay cool in the warm weather.

So, next time you're outside and you spot a white or brown rabbit, think about the amazing ways animals adapt to the wild. Nature's tricks, like seasonal colour change, is proof of how amazing the animal kingdom really is.

Thanks for reading! Look out for my future articles!

-Theresa B.





## **INTERNATIONAL DAY OF EDUCATION - JANUARY 24, 2025**

*Respectfully submitted by Jenn Jenkinson.*

In 2018 the UN General Assembly proclaimed January 24<sup>th</sup> as the annual date of celebration for the International Day of Education. The day is set aside to recognize and celebrate the role that education plays in positive development and harmony worldwide.

The theme chosen for the 2025 Celebrations is **Learning for Lasting Peace**. An educated population is a primary stepping stone on the road to a better world for all. Through education, people gain a better understanding of our differences and the challenges that we all have in common in our day-to-day lives. The more people who understand issues like persistent social & economic inequities, growing discrimination, escalating climate change, conflict, and its resolution the better chance we have of finding lasting solutions to these vital concerns for all of humankind.

International Day of Education would be a great

day to think about how you may contribute, here are a few simple suggestions:

- Volunteer to read to children in a local school or library setting.
- Buy books for a childcare centre in your neighbourhood.
- If you know a teacher, be sure to thank them for all they do.
- If you have books that you've read, consider placing them with a "little library" to share with others.
- Send letters, emails or even phone your local politicians to remind them that education is a vital part of a healthy society and sufficient resources for public education are necessary for a better future for all.

Education Enhances Everyone!



## **NEW RESOLUTIONS**

*Respectfully submitted by Farhath Siddiqui*

### **Do New Resolutions Impact Us?**

The resolutions made on New Year's, birthdays, anniversaries, or other significant days signify a person's desire to bring discipline, organization, and productivity into their life. A person looking at half a glass of water may see it as half-empty or half-full. As the years pass, we can become either pessimistic or optimistic, but the new resolutions

we set always give us hope for self-improvement. Although we intend to start with positivity and good intentions, many of us do not reach our expected goals. Studies have shown that the majority of people set New Year's resolutions, particularly regarding health, finances, family ties, community commitments, volunteering, and more. Despite the renewal of these resolutions, only a few individuals

manage to keep most or all of them, while the majority tend to abandon them within the first few weeks.

### What Should We Do Then?

Here are a few practical tips to help us remain steadfast in achieving our goals:

1. **Practice Gratitude:** Gratitude involves a period of reflection, unlike mere thankfulness. Take the time to look back on previous years and list the countless blessings you might have overlooked, such as health, financial stability, job opportunities, family, friends, education, vacations, food, and so on. Many of us do not consider how fortunate we are to breathe easily without needing a bronchial puffer. There are many small things to appreciate. A verse from the Quran (14:7) states, “If you are thankful, I will give you more...” Recent studies in psychology also show that the more a person practices gratitude, the better their relationships and physical and mental health become. Such individuals tend to exhibit greater empathy and self-esteem, which is crucial in preventing depression.
2. **Choose SMART Goals:** Focus on one specific goal at a time that is Specific, Measurable, Achievable, Realistic, and Time-bound (SMART). In our quest for self-improvement, we often attempt to tackle multiple goals in various areas where we struggle. This can lead to stress and eventual failure. Start small by choosing one goal until you achieve it, then move on to the next. For example, instead of saying, “I won’t eat dessert until I lose 20 kg,” try saying, “I will allow myself one piece of cake or one bar of chocolate on the weekends.”
3. **Practice Self-Compassion:** Consistency is key to success. Rather than fixating on outcomes, focus on your behaviour. If you experience setbacks, don't give up. Ask yourself whether your motivation has waned, if there are obstacles hindering your progress, or if your expectations are too high relative to your efforts. Be honest in answering these questions so that you can develop solutions instead of abandoning your goal.
4. **Allocate Dedicated Time:** Experts recommend dedicating specific days and times exclusively for pursuing your goals. Your daily

activities should revolve around this goal. Enlist friends who can serve as motivational buddies. For instance, if your goal is to be more physically active, consider joining a gym class or participating in a scheduled group activity. This can make the process more enjoyable and less isolating.

5. **Track Your Progress:** This step is crucial for achieving your goals. Just as companies prepare quarterly progress reports or schools hold parent-teacher meetings to assess student performance, schedule regular check-ins with yourself—weekly, biweekly, or monthly—to evaluate your progress. This self-assessment will help you understand whether you're moving in the right direction, maintaining consistency, or becoming complacent. Determine if your efforts are at 100 percent and if something goes wrong, consider different strategies or approaches to turn your setbacks into successes.

There are many other tips and guidelines available for further exploration, so dive in and empower yourself to achieve the goals you set!

<https://www.psychologytoday.com/ca/blog/what-mentally-strong-people-dont-do/201504/7-scientificall-proven-benefits-of-gratitude>

<https://www.success.com/6-reasons-your-new-years-resolutions-fail/>

**Happy New Year!**

**May Peace and Blessings Be Upon You!!**





# Just For Fun!

Recipes respectfully submitted by Margaret Van der Meer

## Oriental Chicken Salad (Serves 10.)

### Ingredients:

- 1/2 cup green onion
- 1 cup bean sprouts
- 1/2 cup celery
- 1 cup carrot
- 1 green cabbage
- 2 lbs cooked chicken
- 1/2 cup long grain rice, raw
- 1/3 cup mayonnaise
- 2 tsp soy sauce
- 1/2 tsp ginger
- 1 tsp curry

### Directions:

1. Shred carrots and cabbage, slice onion 1/4 inch thick, dice celery, and cut cooked chicken into 1/2 inch cubes.
2. Cook rice until tender-crisp, wash rice with cold water, drain and hold.
3. Combine first seven ingredients in mixing bowl.
4. Combine mayonnaise, garlic, soy sauce, ginger, and curry.
5. Add this mixture to the vegetable/chicken mixture.
6. Mix well until thoroughly blended, check for taste, and adjust if necessary.
7. Refrigerate before serving.



## Bean Casserole (Serves 6 to 8 people.)

### Ingredients:

- 1 can (48 oz) pork 'n beans
- 1 can (20 oz) lima beans
- 1 can (20 oz) red kidney beans
- 1 can (10 oz) mushrooms
- 2 medium onions, chopped
- 8 or more slices of bacon, chopped
- 1/4 cup vinegar
- 1 cup brown sugar

### Directions:

1. Drain lima beans and red kidney beans, and rinse well.
2. Fry onions and bacon together for 5 to 10 minutes, over medium heat.
3. Mix all ingredients together in a casserole dish.
4. Bake at 350°F for 1 hour.

## Corn Flake Macaroons (Makes 2 dozen.)

### Ingredients:

- 2 egg whites
- 1/2 tsp vanilla
- 3/4 cup sugar
- 2 cups corn flakes
- 1/2 cup chopped nuts
- 3/4 cup shredded coconut

### Directions:

1. Beat egg whites and vanilla until foamy.
2. Gradually add sugar while beating and continue until stiff and glossy.
3. Fold in corn flakes, nuts, and coconut.
4. Drop by level tablespoon onto a well-greased baking sheet.
5. Bake at 350°F for 12 minutes, remove immediately, and let cool.



# 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.



### **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

### **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



### **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



### **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)



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

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

Call Tricia: 403-242-0048



### **Knife Sharpening:**

\$5.00 per knife

Bill (D251) 403-875-4096

Make sure that your knives are up to the task.

### **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  
#55 10001 Brookpark Blvd. SW  
Calgary Alberta  
403-640-7965  
canadiangolden@gmail.com

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

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

Location: Calgary, Alberta

Phone: 587-226-1758

@fenrirdogtrainingandgrooming

www.facebook.com/FenrirDogTrainingandGrooming

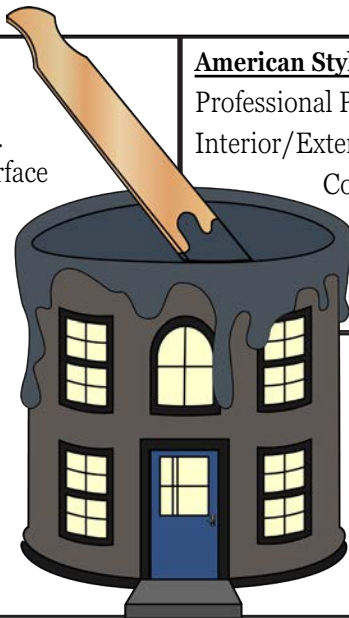






**Fox Painting Ltd:**

Interior and exterior applications, wood finishing. Staining, Spray painting. Surface preparation, including scraping, sanding, caulking, masking as well as minor drywall repairs. Experience with enamels, epoxies, latex, stain, and varnishes. Applications by roller, brush, and spray gun. Residential and Commercial. Contact Derek Adamski for a quote. Office Phone – 403-203-4044 Cellphone – 403-616-7044 Email [derekadamski@shaw.ca](mailto:derekadamski@shaw.ca)



**American Styles Painting LLC:**

Professional Painting Services  
Interior/Exterior Painting  
Commercial & Residential  
Gramoz Halili  
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

**AL Painting**

Professional Painting Services  
Agostin Luca  
Phone 403-973-4497

**Healing Intentions:**



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

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

**Pet Sitters for Dogs & Cats:**

Willing to pet sit at our unit for short term trips when you can’t take your loving pet with you. Sorry no birds as I have allergies. Daily rate \$25 Shelly 403-660-2045 – References available upon request as I have done this for 4 years.



**Pharmacy Assistance:**

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

Do you need to get a vaccine like shingles vaccine or pneumonia vaccine, but you cannot afford to pay it all at once?  
Do you want me to check your blood pressure or maybe you would like to rent a BP monitor for a week or 2 to monitor your blood pressure?  
Do you need refills, but you can’t get hold of your doctor?  
Do you have any questions or confused about your medications, blood work or your health in general?  
Did you ever need to go to the pharmacy or the doctor’s office only to get a medication injected?  
If you answer yes to any of the above questions, please do not hesitate to call me. You don’t have to transfer your prescriptions to my pharmacy if you don’t want to. Just let me help you with what you need.  
I am your neighbour, and I am only one phone call away at Revive Pharmacy 403-764-8020 or through my home number listed in the SMHC Directory.  
Regards, Shereen

# Calendar

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

<b>SUNDAY</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
<b>12</b>	<b>13</b> <i>ENTERTAINMENT &amp; SOCIAL EVENTS @ 7:00</i>	<b>14</b> <i>HOUSING CHARGE TASK FORCE @ 5:30</i>	<b>15</b> <i>COOP SENIORS INTERESTS @ 1:00</i>	<b>16</b> <i>JOINT BOARD &amp; FINANCE COMMITTEE @ 6:30</i>	<b>17</b>	<b>18</b>
<b>19</b>	<b>20</b> <i>FINANCE @ 6:00</i>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
<b>26</b>	<b>27</b>	<b>28</b> <i>HOUSING CHARGE TASK FORCE @ 5:30</i>	<b>29</b>	<b>30</b> <i>BOARD OF DIRECTORS @ 6:30</i>	<b>31</b>	<b>FEBRUARY 1</b>
<b>2</b>	<b>3</b> <i>NEWSLETTER @ 7:00</i>	<b>4</b>	<b>5</b> <i>PROPERTY MAINTENANCE @ 5:00</i>	<b>6</b>	<b>7</b>	<b>8</b>
<b>9</b>	<b>10</b> <i>ENTERTAINMENT &amp; SOCIAL EVENTS @ 7:00</i>	<b>11</b>	<b>12</b> <i>MEMBERSHIP @ 7:00</i>	<b>13</b> <i>ANNUAL GENERAL MEETING @ 7:00 GRACE LUTHERAN AND ONLINE</i>	<b>14</b>	<b>15</b>
<b>16</b>	<b>17</b> <i>FINANCE @ 6:00</i>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b> <i>BOARD OF DIRECTORS @ 6:30</i>	<b>28</b>	<b>MARCH 1</b>
<b>2</b>	<b>3</b> <i>NEWSLETTER @ 7:00</i>	<b>4</b>	<b>5</b> <i>PROPERTY MAINTENANCE @ 5:00</i>	<b>6</b>	<b>7</b>	<b>8</b>
<b>9</b>	<b>10</b> <i>ENTERTAINMENT &amp; SOCIAL EVENTS @ 7:00</i>	<b>11</b>	<b>12</b> <i>MEMBERSHIP @ 7:00</i>	<b>13</b>	<b>14</b>	<b>15</b>
<b>16</b>	<b>17</b> <i>FINANCE @ 6:00</i>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</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 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](mailto:janine@sarceemeadows.coop) or calling 403-246-2746 Ext. 102.

