

Connections

Your SMHC Newsletter

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

BOARD OF DIRECTORS REPORT

Now that our trick-or-treaters have reaped their sugary bounty, the focus turns to longer nights and frostier surroundings. The time has come (and passed) for the outside taps to be turned off on our original units (or the hose disconnected for the buildings that have been retrofitted), so if you haven't attended to this yet, please do so as soon as possible.

If your building has been retrofitted, it's important to consult with the office before putting up any Christmas decorations. Our Property Maintenance Committee has created a comprehensive document on how things can be attached to our new exteriors, so make sure you use the right means and keep our Hardie board functional for decades to come. I look forward to seeing our collective home light up for the Christmas season...and some (well-managed by Grounds Guys) snowfall to blanket our rooves and our hearts.

The Annual General Meeting of the Rutland Park Community Association will be taking place on Tuesday, November 19th at the Skate Shack (next to our still-shuttered Community Hall). The meeting will begin at 7pm. As Members of Sarcee Meadows, you are also Members of the RPCA because each year we purchase a membership for each of our 380 units. Feel free to stop by and participate in the guidance of our greater community, which includes the neighbourhoods of Rutland Park, Lincoln Park, and Currie.

Finally, as we move further into November and our neighbo(u)rs to the south demonstrate their democracy, it is important to remember that this orderly and peaceful system, for its occasional flaws, is based in a freedom that is sometimes under threat. Many of our fellow men and women have fought, bled, and even died so that we may continue to protect ourselves from this threat throughout the generations. It is the Remembrance of this sacrifice that gives us the sombre awareness not to take this country and this way of life for granted. It calls on us to appreciate what we have been given, maintain our vigilance, and be prepared for whatever the future may bring our way. We stand on guard...for thee.

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



GENERAL MANAGER'S REPORT

I hope everyone had an incredible Halloween and Diwali. Celebrating Halloween at my house involved a campfire on the front walk (to stop my dog Obi from going crazy every time the doorbell rang) and getting to see over 100 kids in some very spooky costumes. Next up Christmas!

Just a reminder that the office will be closed on Monday, November 11th for Remembrance Day. As the grandson of two veterans, this is a special day for me as it allows me to reflect and honour their service.

CANA and their crews will be on site on Monday, November 11th continuing their work on the retrofit.

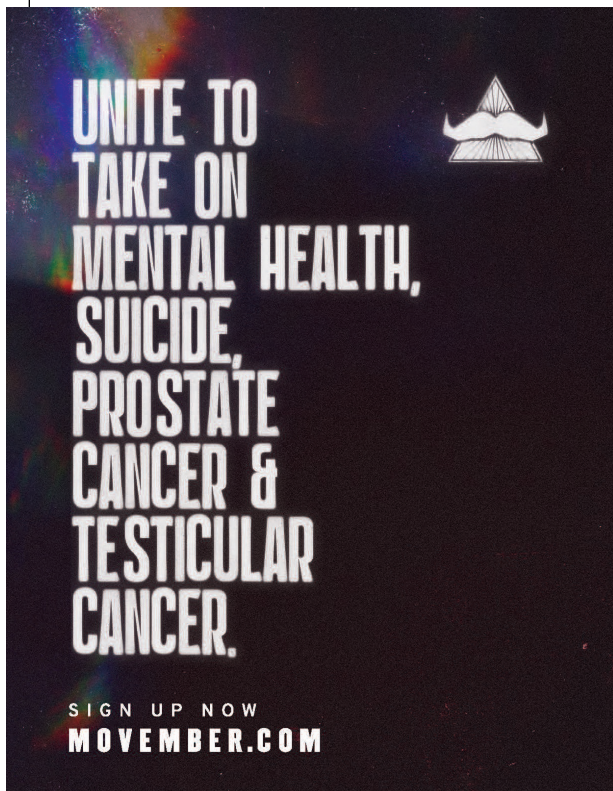
CANA has also made some changes as we head into the longer nights. Throughout active construction areas, they have hung temporary lighting to help make the sidewalks a little safer in the evenings. They are also hanging temporary lighting on each unit during its construction. These two changes while small will hopefully make it safer for everyone to make their way through areas that are under construction.

I also need to remind everyone to please be careful when you are disposing of things from your unit. Ensure you are putting things in the correct bins, whether it's recycling, composting, or garbage. We continue to see both the recycling and compost contaminated by members putting the incorrect items in them.

In the next couple of days, we will be distributing to all members our Member Satisfaction & Engagement survey. Similar to the one we conducted two years ago, this important information will help the Board and I develop our new strategic plan for Sarcee Meadows. Please take the time to complete this, whether it is online or via paper, as the more members that respond the better information we will be given.

As winter descends on us and the inevitable snow it will bring, we are working with Trex and Ground Guys on the proper product to put down to prevent ice build-up on our new decks. In the interim, Ground Guys will not be salting the decks. They will be ensuring the steps and decks are cleared of snow. Please keep an eye out for next week's Retrofit update which will provide further information on how to prevent ice build-up.

Most of you are probably aware of **Movember**. Since 2003 men around the world have been growing facial hair to help raise funds for men's health issues. This year, the entire Sarcee Meadows Maintenance team is joining the movement. We would ask each of you to consider donating. All money raised will be used to help address health issues facing men including; mental health and suicide prevention, prostate cancer and testicular cancer



To donate please go to this link: <https://movember.com/t/sarcee-meadows-maintenance?mc=1> or use a mobile device to scan the QR Code below.

Thank you,
Jon Jackson
General Manager



SARCEE MEADOWS MAINTENANCE TEAM



NEWS FROM THE CHF CONFERENCE IN WINNIPEG

Jon Jackson, Rebeca Breland, and I were privileged to represent Sarcee Meadows Housing Cooperative at the CHF Conference in Winnipeg from June 5th to 8th. When we were enrolling in the workshops, we chose ones that we were not just interested in, but ones that would enhance our Cooperative in some way.

Jon Jackson:

For me, the top points of the CHF Conference included the following:

Attending a two-day course on business continuity. This course provided me with tools on how to ensure Sarcee Meadows continues to operate in the event of an emergency or catastrophic event. The team and I are currently using these tools to build our own plan.

Being asked by FCM to attend the “How to Fund Your Capital Project” workshop. They asked me to be a resource to other co-ops who are in the early planning stages of capital projects. I am now providing assistance and guidance to four different co-ops across Canada as they apply for funding.

Attending the “Managing your Capital Project” workshop. General discussion in the seminar revolved around the value of a Project Manager for major projects.

Rebecca Breland:

I took the course on “Long-term Planning, Equipping your Co-op for the Future” and learned that we need to focus on assessing the need to develop strategies for long-term capital and finance planning. We talked about smart goals and about challenges such as ageing buildings, deferred maintenance, reduced or non-existing government support limiting financial means to ageing in accessible sub operable units, and how to find a balance for sustainability. We talked about why we need a BCA which creates a detailed understanding of the buildings, how it measures functional conditions and takes the guess work out.

We talked about the different types of ASHAE Audits such as the first audit, which is a basic walk-through and review of low or no cost opportunities and reviews of utility bills. The second audit is a detailed walk-through and a detailed review of all energy conservation measures reviewing utility bills, numeral and financial analysis of measures.

The third audit is a detailed walk-through audit detailing engineering analysis measures for further accuracy and high accuracy of cost estimates.

I also took the “Four Teachings for Community Building” Workshop, where we talked about the Reconciliation Tool kit, the Seven Grandfather Teachings, the Metis Federation Website, as well as learning some Indigenous Language.

I also took the “Managing A Hostile Individual” Workshop, where we talked about what it looks like to interact with a hostile individual and how to deal with them by staying calm, removing yourself, and seeking support that doesn’t escalate the situation. You also need to be mindful of yourself and mindful of your nonverbal cues such as your body language and the diffusing tips. Keep it simple and brief, allow silence, use nonverbal assurance, use empathy, and make sure that you’re asking for support when there is no more problem-solving when it escalates to possible violence. It affects your health when you don’t feel safe and you feel like you’re starting to lose your patience, when the other person continues cycling through their answer.

I also took DEI and reconciliation at work and in the community, where we talked about the acronym which stands for fairness to others apologizing to values and truth, the give acronym which stands for gentle interested, validated, and easy-going course. This ended up getting into deep conversation about diversity and inclusion to make sure you are practicing the Seven Grandfather Teaching as well as assessing what reconciliation means to each individual.

Overall, each course that I took was very interesting and it was very informative to hear from other Co-ops around Canada and their experiences in these subjects. I think these are things that we continuously need to talk about as a Co-op to make sure that they are in the forefront of our minds and that we continue to build the community we can.

Wendy Wilson:

Starting my journey to Winnipeg, I had to overcome the problem of my flight that was due to leave on Tuesday at 7:30 p.m., but did not leave until Wednesday morning at 2:30 a.m.

The first workshop I attended was a pre-conference

workshop “Boot Camp for Board Directors” that lasted essentially all day. Having been on several different Boards over the years, I found that each Board was run very different. Even though I attended the Orientation and Planning Meeting for my position on the SMHC Board, I wanted additional information to better serve the members of SMHC.

We discussed the importance of asking questions, avoiding making assumptions, being open to new ideas and changes, being patient through listening and observing. We also discussed that as a Board member you are responsible for making sound decisions on financial issues that will affect everyone. Two of the most important things we discussed are that there are subjects that can never be discussed outside of meetings, and we must step out if we have a conflict of interest in a subject being discussed.

My second workshop dealt with “Better Communication in a Co-op”, that lasted a full day. I learned that everyone has their own personal biases and perceptions in how we think and behave which could result in escalated conflicts. We each look for what is in our own best interests, not caring how this is going to affect others or the results that will occur in the end.

Everyone needs to learn to step back and look at the problems from every point of view or direction,

by restating the problem and coming up with a solution where all parties benefit.

My next workshop dealt with how to make meetings successful and enjoyable for everyone as well as covering all of the pertinent agenda items. At every meeting you have side conversations, people who talk too much, interruptions, disrespect, arguments, etc., we need to make sure that there are clear by-laws, policies & procedures in place, agreed upon rules of order for meetings, bullies & badgers are kept at bay, correct information is distributed on a regular basis and in advance, and work is evaluated & changes needed if necessary.

My last workshop dealt with engaging our youth in the Cooperative and getting them involved. We talked about picking a location and consistent time to meet regardless of how many youths show up. It could be a pizza night or game night and let them know that you are there to answer questions or listen. Basically, it is a safe place for them to discuss things and we are not there to judge but support, and they call the agenda.

Lastly, I had the opportunity to go on a Tour / BBQ of several of the different Co-ops in Winnipeg and learn some of its history. Each co-op had its own charm, and you could feel the love and pride that the members had in their homes.

Respectfully submitted by Wendy Wilson on behalf of Jon Jackson, Rebecca Breland, and Wendy Wilson.

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
- Tuesday, December 31st, 2024 – Closed at 12:00 pm for New Year’s Eve
- Wednesday, January 1st, 2025 – Closed for New Year’s Day



Our Retrofit

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

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

TIPS, SUGGESTIONS & EXPERIENCES

This month Kathy Aubichon, who has been a regular and valued contributor to the "Our Retrofit" Column, is sharing some final thoughts as the end is finally in sight for the Retrofit work on her unit!

If you are looking for the perfect retrofit with everything running like clockwork you are setting yourself up for failure. It's a very slow process so be prepared.

You will get phone calls the night before from Jon or Mike saying for example the electricians need access to your unit tomorrow. I would always say ok no problem what time are they coming. I would be told one of two things either they didn't know for sure, or I would be given a time of say 8:00 am. So, at 7:45 I would be waiting. 8 am comes and goes and no workers show up until 1030. The reality is no one knows what time the contractors will be arriving. They could be stuck in traffic, or something else came up, who knows, just always prepare for 8:00 am and practice patience.

Don't assume Jon knows what is happening at your unit. The best inspector of the work being done isn't CANA, RJC or other contractors, it's you and me. We are Jon's eyes and ears. If you are out for a walk and you notice something that doesn't seem or feel quite right, don't sit and stew about it. Pick up the phone or drop Jon an email and get clarification. Every time I did that Jon was on top of it right away. An example of this was with one of our seniors. I

walked by his unit and where a deadbolt lock should have been there was a big hole with a piece of construction tape on it. I am guessing they were waiting for the proper lock to come in. I walked past this unit several times over a couple of months growing madder and madder and worried about the safety of this senior. I finally checked in with Jon. I assumed since he is the head guy that he knew about this. This

"AS MY UNIT'S RETROFIT IS COMING TO AN END, I REALIZED THE MOST IMPORTANT THINGS THAT YOU NEED DURING THE RETROFIT ARE PATIENCE, GRACE, UNDERSTANDING, TOLERANCE, FORGIVENESS, KINDNESS, RESPECT, VODKA, AND A SENSE OF HUMOUR. WE'VE GOT THIS!"

was the first he had heard of it. Within 2 hours I received an email from Jon letting me know the lock on this senior's door was fixed, and an hour after that Jon messaged me again saying all of the doors like this would be fixed by the end of the day and they were. Another example, I noticed a portion of our roof's wood was exposed, and there was no fascia covering it. I mentioned it right away to the roofing supervisor, and he took a picture of it and

said it would get fixed. A week later it was still exposed. I took a picture and sent it to Jon; it was fixed the next day. A pipe on the side of our unit got broken. It appeared that the person who broke it, instead of telling someone about it, tried to fix himself and did a very poor job of it. Remember nice workers don't always equal good workers. I mentioned this to Jon.

Within hours he had RJC, CANA and others at my unit inspecting and fixing the work. Thank you, Jon.

Keep a pad of paper and pen handy and jot down any deficiencies you see along the way. Several times throughout the retrofit you will see supervisors walking by touching up paint or caulking or other things. Let Jon know about the deficiencies, and he will pass them on to the appropriate contractor to get fixed.

Our shed is my husband's pride and joy as are the ceramic tiles in both of our washrooms. We couldn't have been happier with the time and consideration that was put into being sure these items were handled with care.

It's definitely loud inside the unit at times while the work is being done, but we found for the most part going in the basement really helped or going out for a walk if you can. In all honesty, the loud noise was like the sound of music for us. It meant work was being done and we were one step closer to completion.

The main thing that was/is the most stressful for me was seeing our yard, front and back, go from lush green grass to a pile of mud and rock. My suggestion to the crew is to clean up

the space as quickly as possible once they are done with a unit or group of units. Return the unit to the member so they can start to relax again and enjoy their new space. Jon assures me that landscaping is in the budget for next year, so I am looking forward to starting anew.

About a month ago one of our contractors, a friend of SMHC for many years, stopped me and we got to chatting. He told me so many members think that Jon is to blame for this, that or the other thing but what we don't know about is the number of hours, including evenings and weekends, that Jon spends going to bat for us with RJC, CANA and so many others putting out fires and getting things back on track. Thank you so much for that, Jon, we truly would be lost without you at the helm.

As my unit's retrofit is coming to an end, I have realized that the most important things you need during the retrofit are Patience, Grace, Understanding, Tolerance, Forgiveness, Kindness, Respect, Vodka, and a sense of humour.

We've got this!

Respectfully submitted by Kathy Aubichon

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



Committee Reports

CSI COMMITTEE (CO-OP SENIORS INTERESTS)

A reminder that our Annual Christmas Senior's Social will be held on Sunday, December 8th, 2024. Check out this flyer for the details and

look forward to some merriment with good food and fun socializing to celebrate the holiday!



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!!



Join our neighbours in Glamorgan for their next Seniors Corner Event. It will be held on Tuesday, December 3rd at 1:00 pm at the Glamshack. This is their Christmas Event and should be fun. The price is \$10:00 per guest and consists of a great lunch. Please call our CSI Committee Representative, Connie Fowle, at 403-249-6805 so she can register your attendance. Hope to see you there!

NEWSLETTER COMMITTEE

Hello everyone. Hope you all had a great Thanksgiving and now it's time to get ready or continue your preparations for Christmas.

Things are really moving along with the Retrofit so please continue to send any comments, tips, or suggestions you may have for our members to RetrofitSMHC@gmail.com.

We have included some delicious recipes and several articles and items of interest in this edition. With Christmas just around the corner, please take a few minutes and send in any recipes, craft ideas, etc. that we can consider using for the Christmas season.

The winners of our Jack-O'-Lantern Contest are: A tie between Lukas C. (4) and Emery C. (7) for Ages 0 to 7, Aiza F. (12) for Ages 8-1 and Makena H. (19) for Ages 17 and up! Congratulations to the winners who will each receive a gift card for \$50.00. You can check out their colourful creations below.

Remembrance Day is on November 11th so take some time to recall what this day is all about and give thanks to the many people who sacrificed their lives for all of us.



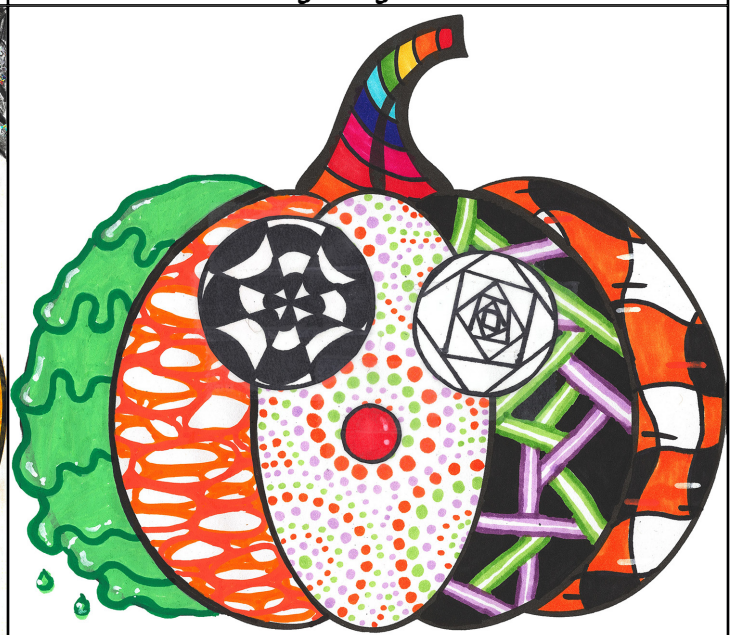
Lukas C. - 4 years old.



Emery C. 7 years old.



Aiza F. - 12 years old



Makena H. - 19 years old.

Community News



ABUNDANT LIFE
CHURCH
CHRISTMAS
CRAFT
Market

NOVEMBER 23 | 10AM - 4PM

to Benefit HER Victory (hervictory.ca)

3343 49th St SW Calgary

ALC-CALGARY.CA

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.

Terry Upton

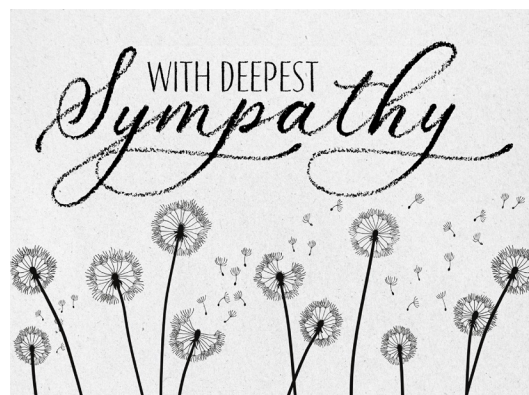
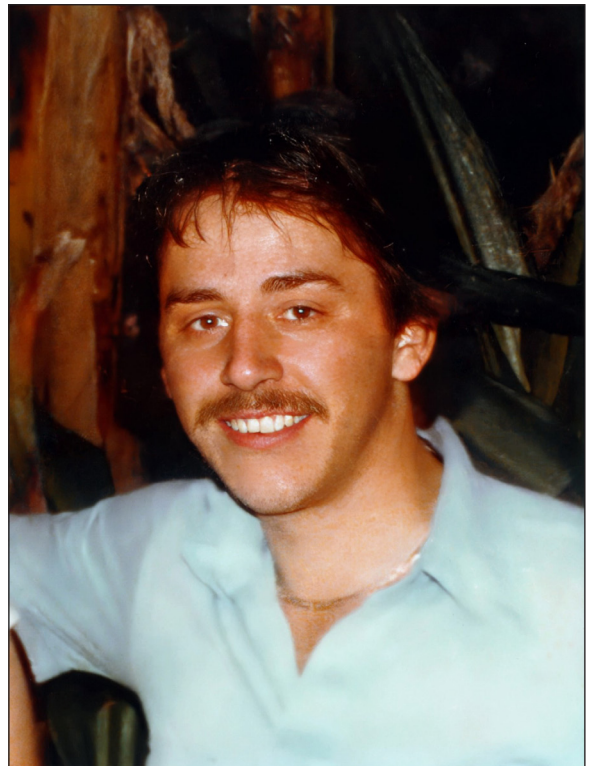
December 25th, 1956 - October 13th, 2024

It is with great sadness that we announce the passing of Terry Upton of Calgary, AB on October 13th, 2024.

Terry was born on December 25th, 1956 in Regina Saskatchewan. He was predeceased by his father, Vince Upton, and his brother Garry Upton.

He leaves behind his mother, Irene Upton, brother Kenny and sister Sharon. He was also the loving Uncle to many nieces and nephews and great-nieces and nephews in California, Calgary, and Toronto. He also remained close to his ex-wife Kim of Vancouver.

Terry had a big heart and will be greatly missed and always in our prayers.



GRATEFUL FOR SARCEE MEADOWS

Respectfully submitted by Jenn Jenkinson

Off the top I want to clarify that I'm taking my Newsletter Committee hat off for this article and writing solely from my own experience, my heart and my love of Sarcee Meadows Housing Co-operative and the Housing Co-op model of living well in general.

From the day I moved in some 34 years ago as a single parent with a modest income, I felt like I'd come home to a safe place and a welcoming place. I found my daughter, who was in kindergarten at the time, safe and secure before & after child care right here in the community. People quickly got to know my name even though I was out Monday to Friday at a fulltime job downtown, even the children knew who I was (Mrs. Sandra's Mom) before I started to get to know more of the parents and other neighbours. One of the best choices I made here was to get involved as a volunteer on the Finance Committee. I worked full time in a banking career, so it was a good fit but more importantly gave me a good grounding in what being in a co-operative was all about and also served to connect me with other members who over the years became friends.

Co-operatives by very definition of the word are groups of people who come together for a common goal or purpose. In SMHC's case that is clearly to provide housing which is safe, comfortable and livable to our members at the best price we are able to manage given the constraints of budget requirements. Co-operative Housing is not Subsidized Housing, nor is it Low Rental Housing in the way that, for example, Calgary Housing supplies rent-gear-to-income accommodation as a service to low income Calgarians.

I often hear people over fences or at meetings or elsewhere saying things like "They're raising our rents again." Can we put this fallacy to rest once and for all and move past that?

- We are NOT a Landlord/Tenant arrangement so there is no Us & Them. We, the voting membership, set the housing charges every year at the June Budget meeting.
- Each Household has a single vote, so that should mean ideally that all 380 households

take part in the vote to decide this important issue.

- If you don't come to meetings and exercise the right to vote, you are tacitly accepting the outcome of the vote that the members who did cast ballots have rendered.
- Since we are a co-operative and our decisions are made as a group for all of SMHC, it is our responsibility as individuals to vote on what course is best for the community as a whole not for any perceived individual motivations.

Someone at the April Member's meeting asked a very good question. He was looking for a breakdown of what dollars from our monthly Housing Charge go to what expenses. That's a great question, which I certainly can't answer off the top of my head.

But I can, right off the top of my head, answer what doesn't go into that housing charge. There is no built in profit margin that a Landlord/Tenant rental payment would include. We are a Not For Profit Housing Co-operative.

It was also noted by someone during the same members meeting that we shouldn't compare our Housing Charge to the general rental market as they rightly commented it's just not the same thing. I agree with that comment to an extent, they very definitely aren't the same thing. But considering that for many of us the rental market would be our only alternative if we weren't blessed with Sarcee Meadows to call home, then I believe a little realistic comparison is required.

I'm going to use my unit as an example because that's the figures I'm most familiar with, but the comparisons I wish to illustrate are true right across the spectrum of our various unit sizes.

Basic housing charge at November 1, 2024 for a 2 bdrm unit – 1186.

Average rental for a 2 bdrm townhouse unit in Calgary is – 2174 plus utilities.

So now let's compare what we get for our housing charge vs what we'd get as a renter.

For renters first:

- The renter gets the space to live in
- Any repairs or upgrades to the structure will very likely result in new rent increases
- If an appliance supplied by the landlord

fails and needs either repair or replacement you would likely wait on the landlord's convenience perhaps days for a replacement with another used appliance

- If you as a renter decided rather than wait to call for a repair immediately, I can't even begin to imagine the cost and it would be doubtful if the cost-conscious landlord would ever reimburse.
- There is generally no opportunity to decorate/paint your rental unit as you may prefer, it must remain in the landlord's neutral colours
- DON'T GET - Renters don't usually get upgrades to any amenities like floor coverings, kitchen cabinets etc. during their tenure. Landlords wait till a move out to do such things.

What do we get for our housing charge:

- First a voting voice in what those housing charges will be to cover our collective cooperative expenses
- Of course, the space that we live in
- A maintenance staff that are very responsive to emergency repairs like sewer backup or furnace failures without delay
- Also, maintenance staff who look after all the smaller day-to-day repairs in a very timely fashion
- We also get regularly scheduled upgrades to floor coverings, fixtures, cabinetry etc. at no

cost to members unless the member makes a choice to upgrade to something more costly than SMHC standard replacements.

- We do have a great deal of latitude in customizing our homes with paint colours etc. with only the provision that it be returned to neutral if we opt to move out.

Home improvements beyond painting have to be approved but are a member privilege that is often taken for granted and, in many cases, the work that is being done can be put on our own in-house time payment plan making it easier for lower income folk to manage.

We do have a housing charge subsidy program that can help you if your income does not come up to the threshold to afford it

Seems to me overall we have it pretty good here and SMHC. I am certainly deeply grateful to have made the decision to join the Co-op 34 years ago as it has been a wholesome community in which to raise my child, a welcoming community for myself as a single adult and a safe place to come home to as neighbours do get to know one another here so you're never completely alone.

We have a great community here a Sarcee Meadows and it will continue to be the very special, welcoming, diverse and open community that a co-operative implies if we all remember that we literally are a small village. 'IT TAKES A VILLAGE'

MADISON'S POSTCARD

Respectfully submitted by: Slawa Gruszczynska

Disclaimer: This is a true story. To protect the privacy of people mentioned, all names are fictional.

I'd like to share a story with you about my dear friend who passed away several years ago and recently sent me a message.

Madison lived in Poland, within the beautiful Tatry Mountains in town called Zakopane, a town equivalent to our Alberta's Banff.

She was a close friend of John and his family. They use to be Sarcee Meadows members.

In the past, every year John traveled to Poland quite often, and used to visit Madison in Zakopane enjoying hiking trips, social gatherings and

sharing stories about Canada.

Madison was a very accomplished ethnographer, ethnologist, poet, writer, an avid reader and most of all, a wonderful woman with happy personality.

She enjoyed theater, music and loved the mountains. It was a pleasure to be in her presence in any occasion.

One year, I think it was 2015, John decided to invite Madison to Calgary to reciprocate her hospitality in Poland. He wanted to give her the opportunity to see Rocky Mountains, visit beautiful Alberta and meet his closest circle of friends.

Immediately after meeting Madison, John's circle



of friends included her into our gatherings and instantly liked her very much. Time spent with Madison, was always marked with very interesting discussions and laughter.

Madison visited Calgary on two occasions. Her every visit was a special time for all of us.

After each of her visits, we exchanged many letters and postcards to keep the conversations going and to keep in touch. We truly enjoyed this friendship.

Toward the end of 2017 we didn't hear from Madison for a while. We received the shocking news that Madison passed away.

I missed receiving her beautiful poems, messages and updates. I would never receive a friendly message from Madison again.

But let's remember, that we only know the past and present ... not the future.

Now it is September 2024.

Madison comes to my thoughts often, especially when making a trip to Kananaskis. The sensation of being surrounded by spirits of the closest people in my life is almost palpable.

Like in Madison's life, one of my most favorite pass times is reading. While retired, I have time to fulfil this passion. The little libraries in Rutland

Park and Glamorgan are such a perfect conduit to pick up the books of my choice and return it at my convenience.

During one of the successful trips to the little library at Glamorgan, I selected few good authors.

In the evening I selected one of the books and was ready to become part of another adventure. I was not prepared for what I discovered.

At the back of a Nora Roberts's book, there was a postcard nested within the pages. The size of the postcard almost perfectly blended with the size of the book.

Initially I thought it was the usual marketing card. I pulled it out and it was an actual postcard from Poland, Warsaw. Hmm, I thought ... interesting ... someone used it as a bookmark. So nice to do that.

When I turned the postcard over, to my shock I realized that the postcard was addressed to me! Dated 20.06.2017 [June 20th, 2017]! Without the postage stamp! The postcard was from Madison!

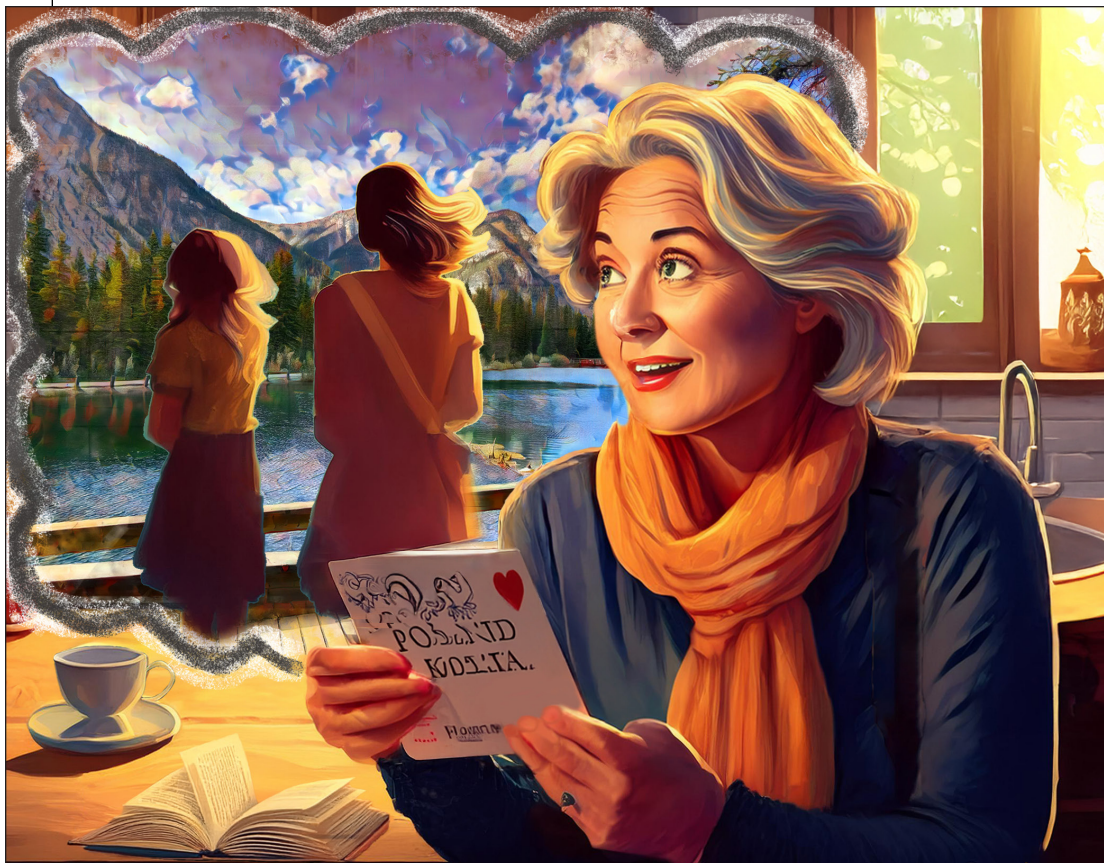
How did this postcard end up in the Nora Roberts book?

John never read anything in English. Madison passed away toward the end of 2017. How had her message reached me this way??? After almost seven years???

And what a chance in millions, that I picked up exactly this book???

I will never know, what the travel itinerary of this precious postcard was.

I treasure it. I pray for Madison and thank her for sending, after all these years, such a beautiful message my way and making sure I received it!



Education & Awareness

Poppies: Why They Are Worn on Remembrance Day

Remembrance Day is the official day to remember all the soldiers who sacrificed their lives for our freedoms. To show respect to the soldiers who have passed, as well as veterans and current soldiers, we wear poppies. But, why the poppy flower? And what does the poppy mean?

Why The Poppy?

We have worn the poppy since World War I. This was because of the repetitive bombing on the landscape in Western Europe. Where there used to be beautiful landscapes turned to mud and dirt, and few plants were able to grow. Yet, amidst the destruction, the striking red poppies grew in the bleak fields. During the battle, the poppies continued to grow. This inspired the famous poem, “In Flanders Fields”, by John McCrae in 1915. He describes how poppies grow in between the crosses of the fallen soldiers. To this day, we rest poppies on the tombstones of the soldiers who have served and protected us.

What Does the Poppy Represent?

The poppy does not only show respect. It has a deep meaning based on its coloring and positioning. We wear the poppy over our hearts to symbolize that we keep the fallen soldiers and veterans' memory in our hearts always, and that we love, care and respect them. The red poppy petals represent the blood of the soldiers who sacrificed their lives and lost them fighting for our freedom and protection; the black center of the poppy symbolizes the mourning of those who did not have their loved ones return home, and the mourning of the people remembering their great sacrifice. But, the green leaves on the poppy flower represent the new life, and despite the loss and destruction that happened during the wars, life goes on because of our brave soldiers and veterans.

As we wear the poppy over our hearts this Remembrance Day, let it remind us of not only the courage and sacrifice the soldiers and veterans made, but also the lasting hope for peace throughout the generations. Each part of the poppy, from the red petals of sacrifice and death to the green leaves of renewal, carries a message we can carry forward and share to each other.

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

- Submitted by Theresa B.



TRANSGENDER DAY OF REMEMBRANCE

Respectfully submitted by Megasn Jovie

Transgender Day of Remembrance (TDOR) is an annual observance on November 20 that honors the memory of the transgender people whose lives were lost in acts of anti-transgender violence. Vigils are held around the world to remember the lives lost to anti-transgender violence, and to remember that we must take action to support trans communities.

According to The Honourable Marci Ien, Minister for Women and Gender Equality and Youth of Canada, “Transgender communities, and in particular transgender people of colour, face some of the highest rates of violent crime – with 70% of trans youth in Canada experiencing some form of sexual harassment or violence. Impacts of this situation on mental health cannot be ignored. In fact, transgender and non-binary youth are more than twice as likely to have thought of self-harm in their lifetime compared to those who are cisgender (a person whose gender identity corresponds with the sex registered for them at birth).” To read more of Minister Ien’s statement, you can [click here](http://www.canada.ca/en/women-gender-equality/news/2023/11/statement-by-minister-marci-ien-on-transgender-day-of-remembrance). (www.canada.ca/en/women-gender-equality/news/2023/11/statement-by-minister-marci-ien-on-transgender-day-of-remembrance)

This year in recognition of Transgender Day of Remembrance, please consider volunteering for or contributing to the following Calgary-based organizations, all of which do exceptional and vital work to support the trans community in Calgary.

[Skipping Stone](http://www.skippingstone.ca) (www.skippingstone.ca)

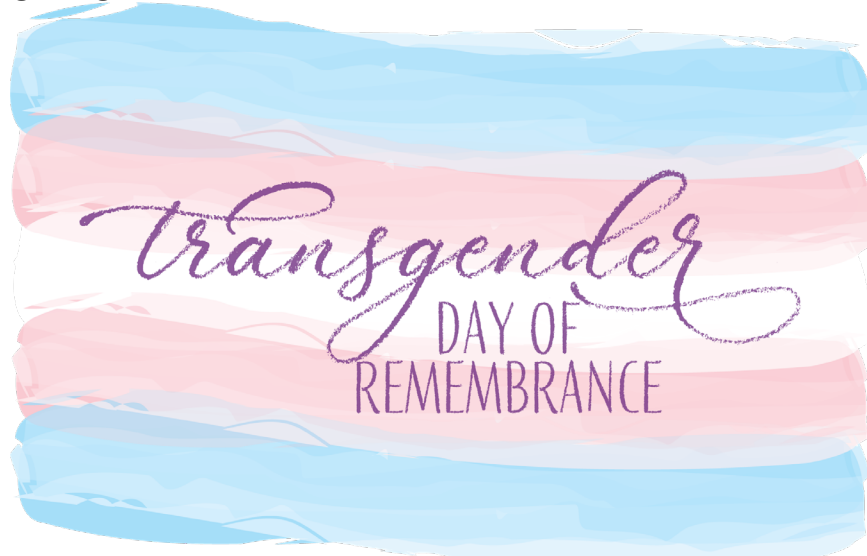
Skipping Stone provides comprehensive affirming care to trans and gender-diverse youth, adults, and families, and connects their clients to the supports and services they need and deserve. Programs include community coaching, peer connections, guidance navigating healthcare and government systems, support groups, and more.

[Outlink](http://www.calgaryoutlink.ca) (www.calgaryoutlink.ca)

Calgary Outlink is a community-based, not-for-profit charity dedicated to providing support, education, outreach, and referrals for the 2SLGBTQIA+ and allied communities in Calgary. Empowerment is at the core of their work, and they strive to provide opportunities for leadership, education and personal growth to their service users, volunteers, and community members at large. Programs include community groups, peer support, resource lines, mentorship, and more.

[End of the Rainbow Foundation](http://endoftherainbow.ca) (endoftherainbow.ca)

The End of the Rainbow Foundation creates sponsorship circles, hosts support groups, and provides education to help LGBTQ+ people settle in their homes and community, and offers specific support and resources to refugees and immigrants. Programs include social community groups, support groups, support in connecting to legal aid, and more.



FIBROMYALGIA

Respectfully submitted by Wendy Thomson

Fibromyalgia is a chronic disorder that causes pain and tenderness throughout the body, as well as fatigue and trouble sleeping. Scientists do not fully understand what causes it, but people with the disorder have an increased sensitivity to pain. Pain is often felt in the arms, legs, head, chest, abdomen, back and buttocks. It is often described as aching, burning or throbbing.

It is thought that Fibromyalgia is caused by a combination of physical, psychological and biological factors working together. Researchers think that Fibromyalgia is due to a problem with how the central nervous system processes pain signals from the nerves. Areas in the brain that control pain may react differently in people with Fibromyalgia.

Symptoms that can worsen your condition can include overexertion, such as intense exercise or prolonged periods of physical activity can stress muscles and trigger pain; and emotional stress such as work-related pressures or relationship difficulties.

Fibromyalgia symptoms can include:

- muscle pain and tenderness
- fatigue
- face and jaw pain
- headaches and migraines
- digestive problems, including diarrhea and constipation
- bladder control issues



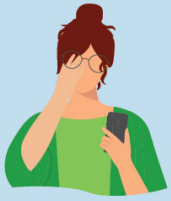



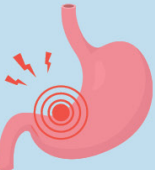



Fibromyalgia can cause mental and emotional symptoms, including:

- memory problems (sometimes called "fibro fog" or "brain fog")
- anxiety
- depression
- insomnia

Fibromyalgia risk factors include:

- Your age. People older than 40 are more likely to develop Fibromyalgia, but it can affect anyone, even children;
- Your sex assigned at birth. People assigned female at birth are twice as likely to experience Fibromyalgia;

Fibromyalgia
Most Common Symptoms

 Muscle pain or tenderness	 Brain fog.
 Fatigue.	 Face and jaw pain.
 Headaches and migraines.	 Bladder control issues.
 Digestive problems.	 Memory problems.
 Anxiety and depression.	 Insomnia.

- Chronic illness. Those with conditions like osteoarthritis, depression, anxiety disorders, chronic back pain and irritable bowel syndrome are more likely to develop Fibromyalgia;
- Infections. Some individuals develop Fibromyalgia after having an infection, especially if they experience severe symptoms;
- Stress. The amount of stress you experience can't be measured on a test but too much stress can affect your health; and
- Trauma. People who've experienced a physical or emotional trauma or a serious injury sometimes develop fibromyalgia

Treatment for Fibromyalgia differs for everyone so your health care professional or provider will work with you to find a combination of treatments that relieve your symptoms. Treatments you may need include:

- over-the-counter or prescription medicine to relieve pain;
- exercises like stretches or strength training;
- sleep therapy;
- cognitive behavioral therapy; and
- antidepressants.

Fibromyalgia is a condition that has no cure. Living with Fibromyalgia can be a challenge, but you don't have to do it alone. Talk to your provider or health care professional about managing stress and maintaining a positive self-image. Fibromyalgia is a real condition despite the fact that many people may say "it's all in your head", but it's not. Seeking treatment for Fibromyalgia is necessary to avoid being hospitalized because of pain, fatigue, mental health symptoms, memory problems and trouble concentrating.

HOW TO KEEP MICE AWAY FROM YOUR HOUSE—PERMANENTLY

By Lisa Milbrand Published on October 26, 2024 - From <https://www.realsimple.com/how-to-keep-mice-away-from-your-house-8733233>

The next [postal] code would be nice, but follow these strategies, and you can at least set up an effective perimeter to protect your home.

One creature no one wants to see stirring around their house? A mouse. But keeping mice away from your house can be a big challenge during the colder months, when your home is much warmer than any nest they can build out in the wild.

Still, it's important to ensure that you keep mice at bay—as mice can bring diseases, chew through and damage parts of your home, and very quickly multiply to large populations. Fortunately, there are some strategies you can use to make your home much less hospitable to mice in the first place—and to deal with any who do get into your home.

Seal Off Cracks and Gaps

The first defense? Make sure there's no way mice can get into your home in the first place. And this can be a challenge, as they are small and determined—and can fit into an opening just a quarter inch in size, says Emory Matts, technical service manager and board certified entomologist for Terminix. “A good rule of thumb is if you can fit a pencil into a crack, hole or opening, a mouse can get through it. The mice might not fit through a pencil hole, but their nose and mouth can quickly widen the hole for passage by gnawing it out further.”



Matts recommends using steel wool to pack any openings, then covering it with a flexible elastomeric sealant or caulking. “Avoid using plastic, rubber, wood, or anything else mice can easily gnaw through as sealants.” That includes spray foams. “Mice will chew through the foam and even build nests in the cavities they create.”

And don't forget the gaps around your doors and windows, where good weather stripping is essential. Make sure you use brush guards and gnaw-proof sweeps, and that the door is well sealed against the threshold when it's closed. Use weather stripping, such as brush guards or gnaw-proof sweeps, to seal door gaps and window gaps and make sure the sweep on your door creates a seal against the threshold when it's closed.

Keep the Area Around Your House Clear

Make your house your castle—and put a moat around it. That means leaving at least a foot of blank space between your home exterior and any plantings to make getting to your house a challenge for mice, says Theresa Rooney, Hennepin County master gardener and the author of *The Guide to Humane Critter Control: Natural, Nontoxic Pest Solutions to Protect Your Yard and Garden*. That bare space leaves them open and exposed to predators—so they will be less likely to brave it.

That means positioning wood piles away from your house (which also helps with air circulation to keep your wood dry), removing leaf piles, and cutting back any plants to keep them far from your foundation. Matts also recommends using pea gravel in these spots, which can help prevent rodents from making burrows there.

Spray a Mouse-Repellent Scent

Strong scents can help repel mice, Rooney says. “Fragrant spices and herbs interfere with a mouse's sense of smell, which is how they live in their world—they sniff out where food or danger is. If you overwhelm their senses, they can't judge how safe it is, so they just kind of avoid the area.” Fortunately, a lot of the smells that can repel mice are ones that humans adore, especially this time of year—peppermint works well, along with orange and cloves.

You want to spray the mouse repellent product a couple of times just before the ground freezes, to encourage them to find a different place to live.

Some mouse-repellent sprays can also be used indoors along exterior walls as an extra barrier—just check the label and use as directed.

Consider Putting Down Some Blood Meal

Blood meal is about as unpleasant as the name suggests—it's dried blood from a slaughterhouse. But it's super effective as a temporary barrier to mice and other prey animals if it's sprinkled around your home exterior, Rooney says. (And it will help fertilize your soil where it's placed, too.)

Use a mask and gloves when you apply blood meal—and avoid this tactic if you have dogs (they'll roll in it) or see raccoons around your neighborhood (they'll be attracted to it).

Welcome in Some Predators

Make your yard more welcoming for animals that feed on mice, like owls, hawks, and foxes. Those bare areas will give hawks and owls plenty of space to see mouse tracks. A snag or tree perfect for perching can give them the perfect vantage point for stalking mice, Rooney says.

Of course, dogs and cats in your home can also help keep mice away from your home—and handle any that manage to pass through your defenses.

Put Your Fall Mulch Down Late

Mulch can be a cozy home for mice, and provide protection as they eat the roots and seeds you've planted. “Don't make them happy,” Rooney says. She recommends putting down winter mulch only after the ground has frozen, to make your gardens around your home less enticing as a home.

Monitor the Quiet Spots in Your Home

“Mice love quiet, dark, and undisturbed areas,” Matts says. So make sure you're regularly checking out your storage areas and other less-trafficked spots in your home for evidence of mice.

That's especially true of areas with a lot of clutter, so decluttering and cutting back on what you have in storage can make it less enticing for mice to nest—and easier for you to spot an infestation if it happens.

Food-based holiday decor, like salt dough ornaments, straw wreaths, and gingerbread house kits can be an ideal way to encourage a mouse invasion and infestation.

One secret weapon for discovery: a simple sprinkle of baby powder. “By applying a very light dusting of baby powder around any areas of concern, you can quickly inspect for the mouse's foot and tail prints in the dust,” Matts says.

Anything you're putting into storage over the winter—including a boat or ATV—could also be protected with natural clove or peppermint repellents, Rooney says.

Keep Food Out of Reach

Mice need food and shelter to thrive, so do your best to keep mice at bay is to deprive them of both as much as possible. Matts recommends the following steps for starving out the rodent population:

Keep all food, including pet food, in airtight containers. Avoid leaving food out on countertops or in open storage.

- Clean up crumbs and spills promptly. Vacuum floors and wipe down countertops regularly to eliminate potential food sources.
- Do not leave pet food out overnight, and clean up any spilled food or water from pet dishes.
- Remove any fallen fruit or unpicked garden vegetables that can also sustain a mouse population.
- Don't feed birds or stray animals.



Use Snap Traps

Sometimes, even the best repellent tactics fail to keep mice away from your house. And that's when traps may come into play. Rooney suggests using old-fashioned snap traps as the most humane option—as they will kill mice immediately. “If you poison something you don't know where it's going to end up—in the basement wall where it's going to stink in your house, or eaten by something else.” Sticky traps need to be monitored closely to avoid subjecting mice to a slow painful death. “That's just bad karma,” Rooney says.

Call in the Pros

If you've found evidence that mice have invaded your space—including black, rice-like droppings, a gnaw marks on your food, or (ick) a mouse sighting, a pro might be your best bet. They can look around your home to see how bad the infestation is and figure out where mice are entering, Matts says. “They can recommend a treatment plan that leverages field-tested integrated pest management solutions.”

That can help ensure that your mouse problem ends as quickly and painlessly as possible.

Just For Fun!

Recipes respectfully submitted by Margaret Van der Meer

Fruit Smoothie

Ingredients:

- 1 cup frozen fruit
- 2 cups water

- 1 tbsp honey or sugar

Directions:

1. Combine all ingredients in a blender and blend until smooth. Enjoy!

Toast Pizza

Ingredients:

- Bread
- Pizza or spaghetti sauce
- Mozzarella cheese
- Pepperoni or other meat slices

Directions:

1. Toast bread and cut with a cookie cutter, cut into any shape, or leave whole.

2. Spread sauce on bread.
3. Add pepperoni or other meat slices and top with cheese.
4. Place on a cookie sheet and bake in an oven at 400°F until cheese melts (keep a watch on them).
5. Serve.



Hamburger Casserole

Ingredients:

- 1 lb hamburger
- 2 ribs of celery, finely chopped
- 1 small onion, finely chopped
- 2 cans of Cream of Mushroom soup (or 1 large can)
- 1½ cans water
- ¼ cup soya sauce
- ½ bag chow mein noodles

Directions:

1. Preheat oven to 350°F.
2. Fry hamburger, onion, and celery

- together until hamburger is brown.
3. In a casserole dish, mix mushroom soup with water and soya sauce then add the browned hamburger and mix together.
4. Cover the casserole dish and bake in the oven for 30 minutes.
5. Remove cover, stir, and put back in the oven for 30 minutes more.
6. Pour chow mein noodles on top, stir in, and return to oven, uncovered, for 15 minutes.



Tea Biscuits

Ingredients:

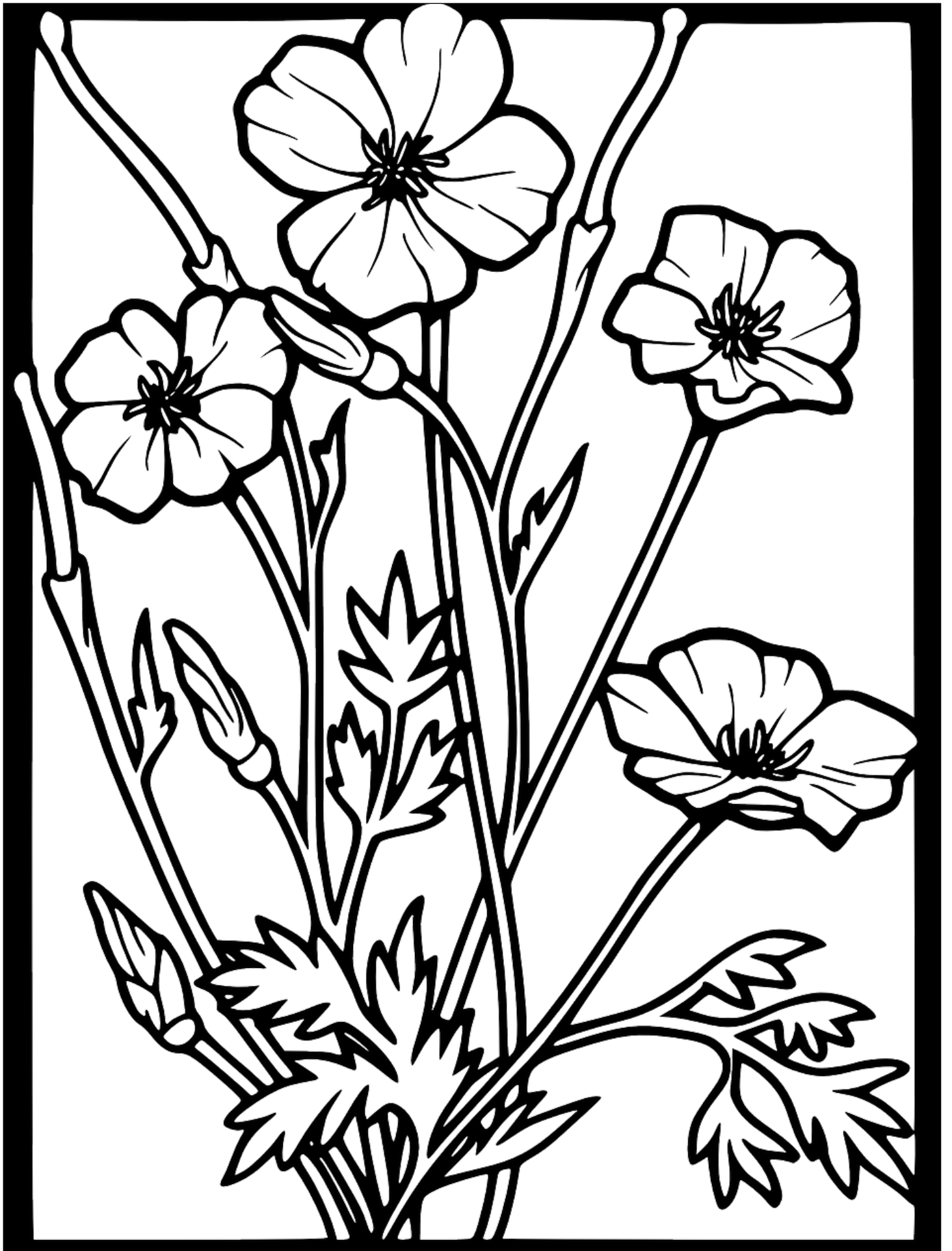
- 2 cups pre-sifted all-purpose flour
- 4 tsp baking powder
- 1 tsp salt
- 1/3 cup shortening or margarine
- ¾ cup plus 2 tbsp milk

Directions:

1. Sift together flour, baking powder, and salt.
2. Cut in shortening finely.
3. Add milk and mix to make a soft dough.
4. Turn dough out onto a lightly floured

- board and knead gently 8 to 10 times.
5. Roll or pat to desired thickness. (Biscuits will double when baked.)
6. Cut out with a floured cutter and place biscuits on an ungreased baking sheet. Place close together for soft-sided biscuits or about 1 inch apart for crusty biscuits.
7. Bake in preheated 450°F oven for 12 to 15 minutes. (Yields 18 to 20 1¾-inch biscuits.)





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:

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

Asking \$200.00,
or best offer.

If interested, call
403-240-0274.



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

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
NOVEMBER 10	11 SHOP & OFFICE CLOSED FOR REMEMBRANCE DAY	12 MEMBERSHIP @ 7:00	13 CSI @ 1:00 MEMBERSHIP @ 7:00	14 EDUCATION, INVOLVEMENT, & AWARDS @ 6:30 ENTERTAINMENT & SOCIAL EVENTS @ 7:00	15	16
17	18 FINANCE @ 6:00	19	20	21	22	23
24	25	26	27	28 BOARD OF DIRECTORS @ 6:30	29	30
DECEMBER 1	2 NEWSLETTER @ 7:00	3	4 PROPERTY MAINTENANCE @ 5:00	5	6	7
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	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

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.

