



Connections

Your SMHC Newsletter

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



BOARD OF DIRECTORS REPORT

Anybody else miss summer already? While the transition into fall has been a mild one and we're still seeing the odd 20°+ day, settling back into our normal work, school, and social routines lets us know that there will soon be frost on the windshields and "challenges" on our sidewalks and roads. I am grateful to Grounds Guys for the professionalism they've shown in keeping up the lawns of those who don't wish to do it themselves...and I'm confident in their abilities to keep our ice and snow accumulations over the coming months to a minimum. Let's hope the City can keep on top of things for the rest of it. 😊

In keeping with the changing weather, it's that time of year when we look to the Office to let us know when it's time to turn off our outside taps for another season. For those Members who have undergone the retrofit, turning this tap on and off in the spring and fall is no longer needed. Once the project is completed, these notices will disappear like our stucco. If your building hasn't been started yet, please turn off the tap like in years past. If your building is in the midst of being retrofitted, please call the office for guidance after the notice has gone out. Also, if your building has been retrofitted, it's important to keep the warranty on our new siding (Hardie board) in mind when hanging decorations for Halloween, Christmas, or other occasions. Consult the October retrofit update from our General Manager for more information.

With the retrofit now in high gear, we've settled back down into a more predictable and regular routine when it comes to Members' meetings. For a while now, our October meeting has been scheduled on a weekend morning to provide a different timeframe for our Members who are unavailable on weekday evenings so that they may fulfill the Member responsibility of attending at least one Members meeting per year. This year's Saturday morning special will take place on October 26th. Registration opens at 9:30am for those attending in person and 9:45am for those joining us online.

Finally, the Board of Directors would like to wish all our Members a Happy Thanksgiving. With the crazy pace of modern life, many of us are hard-pressed to find the time to stop and reflect on the positive aspects and people in our lives. Gratitude gives our existence a quality and depth (especially when we need to dig deep to find it) that is easy to lose in the swift cycles of school, work, and well-earned rest. The bounty of our land's annual harvest that is reflected in the Thanksgiving meal goes hand-in-hand with the good fortune we have to be able to share this place we all call home with one another.

And, hey, if the kids aren't feeling the gratitude, just remind them that costumes and candy are following close behind!

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



GENERAL MANAGER'S REPORT

I hope that everyone had a great Thanksgiving! It is one of my favourite holidays, next to Christmas of course. Getting together with family and friends and taking the time to enjoy the best parts of life is truly special.

We are fully in the midst of fall clean-up. Ground Guys is working diligently to make our community ready for Winter. If you see an area in need of attention, please let me know.

During the winter months, Ground Guys will continue to clear snow right to your front doors. There may be some limited periods where this may not be possible on a specific unit. This will usually happen if we are abating the stucco around your front door. During this period, they will not be able to get to your front door but will return once the abatement work is completed.

As part of getting ready for winter, for one of the last times, I remind you to please turn off your outside taps. If your unit has had the new hose tap installed as part of the retrofit you do not need to do this, you only need to ensure your hose is disconnected. If you haven't had your tap changed yet, please ensure it is shut off soon so that it doesn't freeze. Instructions can be found on the next page.

In many communications I have made regarding the retrofit I have referenced Building Numbers. I continue to be asked what people's building numbers are. Your building number is the first two digits of your unit number, unless your unit number only has two digits then it is the first number.

A 23 = Building 2

B 94 = Building 9

D 291 = Building 29

H 544 = Building 54

Knowing your building number is key as the retrofit construction schedule is developed by the Building, not by Unit.

Thank you,

Jon Jackson
General Manager





FROM THE TEAM AT B50

Office Hours & 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 November 11th, 2024 for Remembrance Day.

Outside Lawn Service Tap Shut-Off Procedures

If you have not yet had a new outside lawn service tap installed as part of the Retrofit, you will need to turn off your outside tap as soon as possible. Please see below for a reminder of the procedures to do this.

Step 1. - Inside

Close the shut-off valve(s) to the lawn service tap(s) in the basement, firmly.

Step 2. - Outside

Ensure the hose is removed, then open the valve and leave it open.

Step 3. - Inside

Return to the basement, open the bleeder fitting on the shut-off valve and drain the water out. Close the bleeder to complete the procedure.

Note: If water continues to drip outside, please call in a work order.



SACHA / TELUS Partnership

There has been a considerable increase in the inquiries made to our partners at SACHA and TELUS regarding the 40% partnership agreement. An updated 40% partnership poster is included on the next page for your reference and posted on the bulletin board in the main office foyer.

The 40% offer is available on residential TV & Internet services *conditions do apply as this offer is not available in conjunction with all offers available at TELUS.

TELUS has a call centre in Burnaby, BC specifically to support partnership inquiries and new sales from residents. The call centre phone number is 1-866-667-9749. Additionally, for existing TELUS customers, the Operations team can support inquiries pertaining to the 40% partnership discount and working with any existing offers you currently have. You will need to provide your complete name, address, account number and specify your concerns. The Operations team email address is MDUBilling@telus.com.

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

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






Your exclusive pass to savings awaits.

Whether you're a new or existing TELUS customer, as residents of SACHA you are eligible for a

40%¹ discount
on TELUS Optik® TV and Internet.



To activate your offer, call your dedicated local customer service team at **1-866-667-9749** or scan the **QR code**

More products = More savings

Let our customer service team find you the best bundle offers on all of our amazing TELUS products.



TV and streaming packages



Mobility and phone plans



Health and well-being services



Home and online security

1 Offer available until December 31, 2024. Offer subject to change without notice. Available to existing and new residential customers in partnered multi-dwelling unit buildings who have not subscribed to Internet, Optik TV, and SmartHome Security in the past 90 days. Final eligibility for the services will be determined by a TELUS representative. 2 Mobility customers will have an extra \$10/month discount applied to the home services bill for 24 months (or as long as they continue to have eligible home services products). 3. Maximum speeds require optimal network conditions on a wired connection. Internet access speeds may vary depending on location, usage within the home network, Internet traffic, applicable network management or server configurations. Traditional copper wire or copper wire hybrid networks are subject to capacity constraints and environmental stresses that do not affect TELUS fibre optic technology, which is based on light signals. Individual results may vary depending on location, usage within the home network, Internet traffic, applicable network management or server configurations. TELUS, TELUS PureFibre, the TELUS logo, Optik TV and the future is friendly are trademarks of TELUS Corporation, used under license. ©2024 TELUS.

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

Hi folks, it seems that we've all had a very busy summer. There were no new hints, compliments or information sent to the retrofitSMHC@gmail.com submission inbox since late in June, so we can only assume you've all been very busy enjoying the summer!

I have personally been experiencing retrofit first hand this summer and would like to share some thoughts with you. First and foremost, don't try to guess what may be happening at your unit next, this is a huge project with so many moving parts that I can't begin to comprehend as a layperson. Feel free to reach out to Jon J., Mike R., or Jon V., with any questions. They are able to answer most queries or concerns you may have, and when they don't have an instant answer they will definitely find out.

One thing I have noticed about the staff on site is that they are quick to accommodate our comings and goings from the parking lots, pausing in their own work as we negotiate past their vehicles. Because I'm retired, I come and go rather randomly from my parking stall which is located next to a common area. Since the area was being used as a staging ground – storage area for various equipment and materials, I got in the habit of letting the crews know I was going out for a given period (e.g. an hour, 2 hours, 3 hours) so they were free to use the space for easier access. A small thing but I found it was much appreciated and goes a long way to brightening everyone's day.

Yes, the whole process is disruptive, these are major and massive changes to our homes and I very much appreciate that living in a construction zone is not always easy. But the end result is now rather apparent in some of the homes that have reached or are very near to reaching completion. I have talked to numerous members who have expressed much pleasure with the way their home now looks and the smart-looking decks that put a finishing touch on every home. My own is not quite there yet but now I'm excitedly looking forward to enjoying my more up to date, more energy efficient, better insulated and safe and cozy home.

A final note about the ERV's: I am over-the-moon thrilled about this system now that it's in my home. I have always been troubled with breathing issues and am very sensitive to smoke and other irritants in the air. Each morning when I wake, I normally have to blow my nose to clear the overnight stuffiness. But since the ERV was up and running in my home I sleep better, wake more refreshed and I'm truly grateful for the wonderfully fresh recirculated air that now makes life just a little bit easier and more pleasant. A big thanks to Shawn and his crew for the efficient installation of this system and the patient explanations about the process.

Happy Retrofit Everyone, keep your suggestions and comments coming! Together we got this!!

Respectfully submitted by Jenn Jenkinson

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)



At our latest Committee meeting, it was decided that once again we would have our Annual Christmas Senior's Social. It will be held on Sunday, December 8 from 1:00 PM to 4:00 PM. Mark your calendars and save the date. Look forward to Christmas merriment with good food and socializing to celebrate the holiday. Our next meeting is November 13/2024. Please consider joining this committee. We would love to see some new faces. A belated Happy Thanksgiving and have a fun and Happy Halloween.

GRIEVANCE & RESOLUTION COMMITTEE

The Grievance & Resolution Committee is looking for more volunteers to join thm. If you were thinking of giving back to your community by volunteering please consider joining.

We handle any member grievances as they come in and we take turns checking on the mailbox as a team. We typically have hybrid meetings but only when new grievances come in so it would be a smaller time commitment to join this committee.

Please forward any interest or questions to janine@sarceemeadows.coop.

NEWSLETTER COMMITTEE

We hope you all had a terrific Summer and are ready for all the special events and occasions coming our way this Fall.

In this issue, we have included some articles we have prepared for you as well as some recipes. If you would like to include anything in the newsletter or share any fun adventures you had over the summer with the members, please send them to us. How about sending in some baking recipes or special dishes you prepare for your family and friends at Christmas time? Your input would be greatly appreciated.

We have a contest for you this month. As Halloween is soon approaching, the contest relates to Jack o' Lanterns. For more information and details, please check out the contest page.

Have a wonderful Thanksgiving and a happy and safe Halloween!



ELECTIONS COMMITTEE

Fall is traditionally the time for folks to firm up their yearly activities, both old and NEW.

As one of the NEW activities, we're asking that you please consider a term of office on the Sarcee Meadows Board of Directors, beginning in mid-February 2025 at the Annual General Meeting and Election.

Can you make a commitment on the last Thursday of every month (excluding July and August)? Then mark YOUR attendance at the Board of Directors' table in a purposeful and rewarding elected position!!!



To find out all that is entailed, send your questions to the Elections Committee through Janine Bell (janine@sarceemeadows.coop) and let us help you make your DECISION to file the candidacy papers!!!

ENTERTAINMENT & SOCIAL EVENTS COMMITTEE

We hope you all had a great summer and that you had the opportunity to come out to one of our summer events! We had a fantastic time putting on our annual Stampede Breakfast and Summer BBQ events and appreciate all who came out to join us. Up next is "Halloween at B50" on Thursday, October 31st, of course! Stop by the office from 6:00 pm to 8:00 pm for extra treats (with no need for tricks) and a chance to warm up. While the weather may decide if we set up indoors or outside, it will not dampen our Halloween Spirit!

Check out the flyer on the next page for all the details!

Your SMHC Entertainment & Social Events Committee Presents

HALLOWEEN *at* B50

OCTOBER
31ST

FROM
6:00 PM
TO
8:00 PM

HOT
CHOCOLATE

FREE
CANDY



MUSIC - TREATS - FUN!

Include a stop at B50 along your Trick or Treating route to warm up with some Hot Chocalate and grab some fun and tasty treats too!

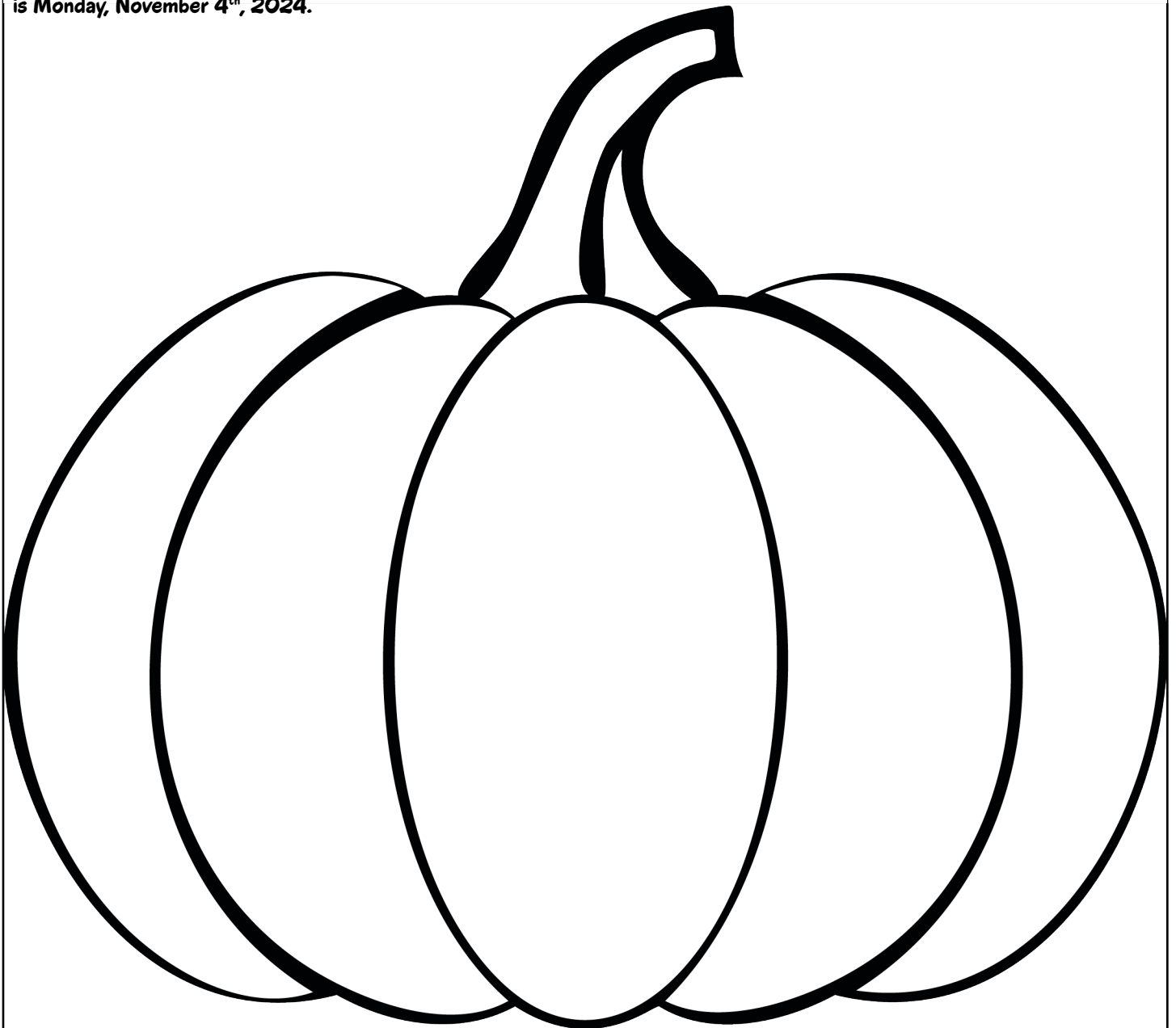
**LOOK FOR US INDOORS OR OUTSIDE,
DEPENDING ON THE WEATHER**

Contest!

JACK-O'-LANTERN CONTEST

Halloween is upon us and with that comes a host of Jack-o'-Lanterns of all shapes, sizes, and colours! While the tradition of carving pumpkins into a variety of faces or Halloween can be lots of fun, we have a task for you that is not nearly as messy. Below is the shape of a plain old pumpkin, and we want you to dive into your arts and craft supplies to turn it into the scariest, funniest, or most fabulous Jack-o'-Lantern of all time!

Whatever medium you choose, be it crayons, markers, paint, glitter, tissue paper & glue, etc. or maybe even digital graphic arts, use your imagination and creative skills to decorate this pumpkin, drop it off at or email it to B50, and enter to win one of three \$50 Gift Cards. One prize will be awarded in each of these age groups: 0 - 7, 8 - 16, and 17 and up. Deadline to enter is Monday, November 4th, 2024.



NAME: _____

UNIT #: _____

AGE: _____

Community News



CALGARY CURRIE - A MESSAGE FROM MLA JANET EREMENKO

With Thanksgiving right around the corner, I put some thought into what I'm thankful for in 2024.

- This year's bountiful harvest being brought in by Alberta's farmers. It was looking bleak at the beginning of the season as a multi-year drought persisted. But rain did eventually fall, giving farmers some much needed relief. Support our food producers and buy local when you can!
- The first responders for putting their lives on the line every day, especially those who have spent a long season fighting wildfires across Alberta. It's a taxing and dangerous job that asks so much of workers and their families. Thank you for your service and sacrifice.
- Healthcare workers who put up with a lot of grief and uncertainty that started with the pandemic and seems to have only worsened since. I'm thankful for their persistence to provide world-class care despite the challenges.

- Teachers! As parents, we trust that each day we send our kids off to school, they will learn all that they need to be successful, secure, and happy in the classroom and beyond. This is no easy feat! We've started a fun tradition of visiting the 30 schools in Calgary-Currie with a little treat to welcome the staff back. It is certainly well-earned.
- To the businesses that dot the riding, thank you for your wares, your service and your delicious food. It's no secret that supporting small and local business is a favourite pastime of mine. You are the key to a resilient economy and workforce.

Lastly, I'm thankful for the honour of being your elected representative. I'm proud to be entrusted with your stories, your challenges and your successes and I'll continue to serve each and every resident of Calgary-Currie with integrity, honesty and an open-mind.



HOUSE OF COMMONS
CHAMBRE DES COMMUNES
CANADA



CALGARY CENTRE - A MESSAGE FROM MP GREG MCLEAN

Happy Thanksgiving! I hope you are able to spend time with your family on this holiday, and you have significant memories to be thankful for from the past year.

I'm thankful for the responses I've received from so many of you about the work I continue to push in Parliament. This past summer, I wrote about the effects that the changes to Canada's Competition Act – embedded in the omnibus Bill C-59 Fall Economic Statement – would have on anyone doing business in Canada, particularly those that are aiming for better environmental outcomes. As I explained, the Bill will erode freedom of speech (if allowed by Canada's Courts), lessen competition, weaponize our Competition Tribunal, and cast a chill on business investment in this country. As if we haven't seen enough of a flight of capital pursuing opportunities outside of Canada.

The bigger issue for Canadians is the role of 'omnibus' bills in eliminating what many of us

view as democratic process in the construction of Canada's underlying legal statutes. These bills package too many legislative changes into one process, thereby denying parliamentarians the ability to properly debate the substance of the changes in the bill. Even the committee process – where these amendments are usually examined in detail – is short-circuited with time allocation mechanisms. We end up with legislation where Parliament passes a series of legislative changes where the 'intent' is not even discussed. Thus, any future Court ruling on the matter is denied that perspective, which is usually sought.

Many participants responded to my request to submit opinions to the Commissioner, which ended on September 27th. If you would like to follow my work in ensuring this amended Act receives proper input and transparent oversight, please refer to this link (attached). I believe the changes need significant input and parliamentary revisions in order to meet the desired objectives.



ABUNDANT LIFE CHURCH - CRAFT MARKET

Call for Vendors

CALL FOR VENDORS

Abundant Life Church is hosting a Craft Market to benefit HER Victory.
(hervictory.ca)

NOVEMBER 23, 10:00-4:00

- Reserve your spot:
\$25 for spot (no table) or
\$30 for spot & table (6' x 2 1/2')
- Book by October 25
- In Glenbrook Community
3343 49 Street SW

Table fees will benefit HER Victory



403-246-1804



www.alc-calgary.ca



UNIVERSITY OF NORTHERN BRITISH COLUMBIA

Co-operative Housing Research Study

Dear Members of Sarcee Meadows,

I am Dr. Carolina Alday-Mondaca, and I am writing on behalf of Dr. Rebecca Schiff, Dean of the Faculty of Human and Health Sciences at the University of Northern British Columbia, UNBC, located in Prince George, BC. Dr. Schiff is currently leading a research study on housing cooperatives titled **“Cooperative Housing - Impacts on Community Health and Social Cohesion in the Canadian Context”**.

The research is about ways that housing cooperatives might be beneficial for members' wellbeing and sense of community belonging. You are being invited to participate in this study by completing an online survey, given that your experiences and insights as a member of a housing cooperative in Canada are valuable to our research.

The survey is estimated to take approximately 15 minutes to complete and will include questions about your well-being, quality of life, social connections, and perceptions of community within the cooperative housing environment.

Taking part in this study will be entirely voluntary and you will have the right to withdraw from the study at any time during and before the completion of the survey. Participants' identities will be kept strictly confidential and no personally identifiable information will be collected during the online survey.

1. If you want to learn more about the study, please find more information below.

2. **If you decide to complete the online survey, please click the following link:**

<https://www.surveymonkey.ca/r/ZTP7J8Y>



Cooperative Housing - Impacts on Community Health and Wellbeing

Information Letter

Please read the following information before starting the survey

I. Who is conducting the study?

Principal Investigator

Dr. Rebecca Schiff
Faculty of Human and Health Sciences
University of Northern British Columbia
Prince George, BC V2N 4Z9
rebecca.schiff@unbc.ca
+1 250 9605319

Research Manager

Ashley Wilkinson
PhD Student - Health Sciences
School of Health Sciences
University of Northern British Columbia
Nizdeh Nekeyoh Hohudel'eh Baiyoh
awilkinso@unbc.ca

II. Who is funding this study?

The study is being funded by a Partnership Grant from the Social Sciences and Humanities Research Council.

III. Why are you being asked to take part in this study? Why are we doing this study?

You are being invited to participate in this study because your experiences and insights as a member of a housing cooperative in Canada are valuable to our research.

This study aims to explore the impacts of cooperative housing on community health and social cohesion. The findings from this study will provide valuable insights into the potential benefits of cooperative housing for individuals and communities.

Taking part in this study is voluntary and you have the right to withdraw from the study at any time during and before the completion of the survey. Before you decide whether you would like to take part in this study, please read this letter carefully to understand what is involved.

IV. What will you be expected to do?

You will be asked to complete an online survey to gather information about your experiences as a member of a housing cooperative. The survey will include questions about your well-being, quality of life, social connections, and community perceptions within the cooperative housing environment.

Before beginning the survey, you will be provided with detailed information about the study, including

its purpose, procedures, risks, and benefits. You will be asked to provide informed consent by indicating whether you agree to participate in the study.

The survey is estimated to take approximately 15 minutes to complete.

V. Is there any way that participating in this study could harm you?

We do not think anything in this study could harm you. If you find some questions sensitive or personal, you can choose not to answer them. If you feel uncomfortable or upset at any point during the completion of the survey, you can opt out of the study by closing the online survey.

VI. What are the benefits of participating?

By participating in this study, you will contribute to a better understanding of the impacts of cooperative housing, which may ultimately benefit individuals and communities living in cooperative housing environments.

VII. How will your privacy be maintained?

In this study, participants' identities will be kept strictly confidential. No personally identifiable information will be collected during the online survey.

Your answers will be collected through an online survey tool (SurveyMonkey). The online survey complies with the Freedom of Information and Protection of Privacy Act. Data and is hosted on Canadian servers during the data collection phase. During the data analysis phase, the information gathered from this study will be kept on UNBC password-protected computers. After the results of the study are shared and five years after the study's conclusion, the files will be permanently deleted.

Access to the raw data will be limited to the principal investigator (Dr. Rebecca Schiff), the research manager (Ashley Wilkinson), and the research assistant.

VIII. Will you be compensated for taking part in this research study?

At the end of the survey participants will have the option to click on a link to a separate survey in the same platform to be entered into a draw for a \$25 gift certificate. There are 20 gift certificates to be drawn, and the study is estimating there will be around 150 participants.

If you choose to enter the draw, your identifiable information, such as your name, address, and email address, will be collected in a separate survey solely for the purpose of the gift certificate draw. Participation in this draw is entirely voluntary. Each participant will be assigned a number, and we will use a random number generator to select the winners. Your information will be retained only until the data collection process is completed and the gift certificates have been awarded. Afterward, all information will be permanently deleted.

IX. Study results

The results of this study will be compiled in a report profile of the well-being of cooperative housing in Canada. The report will be shared with the Cooperative Housing Federation of Canada and individual coops and coop members at their request. A copy of the research results can be obtained by contacting the Principal Investigator for this project, Dr. Rebecca Schiff, at +1 250 9605319 or rebecca.schiff@unbc.ca

X. Contact for information about the study

If you have any questions about what we are asking of you, please get in touch with the Principal Investigator, Dr. Rebecca Schiff, at +1 250 9605319 or rebecca.schiff@unbc.ca

XI. Contact for concerns or complaints

If you have any concerns or complaints about your rights as a research participant and/or your experiences while participating in this study, contact the UNBC Office of Research at 250 960 6735 or by e-mail at reb@unbc.ca.

XII. Participant consent and signature page

Taking part in this study is entirely up to you. You have the right to refuse to participate in this study. If you decide to participate, you may withdraw from the study at any time without giving a reason and without any negative impact on your [for example, employment, class standing, access to further services from the community center, daycare, etc.]

NOTES:

* If you decide to complete the questionnaire, please save this file for your reference.

* If the questionnaire is completed, it will be assumed that you have given your consent to participate in this study

Education & Awareness

The Creation of The Piano



By Theresa B.

The piano is a very popular instrument that many people across the world play and practice. But, where did these amazing instruments come from? You're about to find out!

Origins

Instruments called the clavichord and the harpsichord were played in the 16th and 17th century. These instruments were the ancestors of the piano. But these instruments were unable to change the loudness of their sound by how hard the keys were pressed. This was what the musicians wanted, but they couldn't quite figure it out.

Invention

A man from Italy known as Bartolomeo Cristofori invented the piano around the 17th century. He was a harpsichord maker and came up with a mechanism that allowed musicians to change the volume by how much pressure they used on the keyboard. He called his new invention the *gravicembalo col piano e forte*, which means "harpsichord with soft and loud". This was later on shortened to the familiar word, Piano.

Evolution of The Piano

When the piano was first created, it was very expensive and not many

were available for world-wide use. But the design improved over the 18th century, and this improvement involved the addition of the damper pedal. The damper pedals are the three pedals on the piano's base. These can be stepped on to change the sound of the piano. The new damper pedals and the new design made the piano very popular, and composer's like Haydn, Mozart and Beethoven used this style of piano.

Later on in the 19th century, piano manufacturing had spread all across Europe and the United States. The piano was now a very common instrument featured in many homes.

The Modern Piano

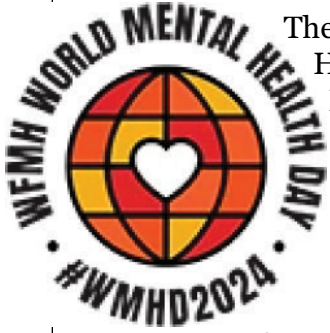
The piano we see today a LOT different from the harpsichord and the clavichord. We now have many unique and different types of the piano, like the keyboard, the grand piano, and the upright piano. Pianos are now used across the whole wide world and are used for many unique music genres.

That's all for now. Keep an eye out for my future articles! - Theresa B.



WORLD MENTAL HEALTH DAY

Respectfully submitted by Jenn Jenkinson



The World Federation for Mental Health was the founder of World Mental Health Day which is observed each year on October 10th. The theme for World Mental Health Day in 2024 is: "It is Time to Prioritize Mental Health in the Workplace"

This year's campaign is dedicated to advocating for Mental Health in the Workplace. A workplace where mental well-being is valued, encouraged and promoted actively is not only good for the employees. Well-balanced, mentally healthy workers do a better job not only for themselves but for the company they work for and their customers. Promoting mental well-being is a win-win for everyone.

We are living in a time of increased pressure and stress which at times seem overwhelming. Even if, like me, you are now retired and not going to a workplace daily, World Mental Health Day should serve as a reminder of all the things we as individuals can do to promote our state of mental well-being and of those around us.

For yourself:

- Get regular exercise, even 30 minutes of walking will boost your mood and improve your health
- Eat Healthy & regular meals and stay hydrated
- Make sleep a priority
- If you are retired, keep active with hobbies or volunteer work to stimulate your mind and

body

- Set goals and priorities, having even small goals to attain promotes positivity
- Practice gratitude
- Stay connected with friends and family, and never let yourself become isolated.

For those around you:

- Listening, simply taking the time to listen and empathize can be very helpful
- Practice patience, you never know what those around you are going through and your patient kindness may well make a difference in their life
- Try not to make assumptions or judgements
- Encourage family and friends to adopt self-care practices

Promoting our mental well-being is in everyone's best interests. In our day-to-day lives, we come across a multitude of people, however brief our interactions may be, we should try to make them positive, welcoming and inclusive. Sometimes it may be as simple as holding a door for someone walking behind you or giving a friendly "good morning" to a stranger as you pass on the sidewalk. Even those little interactions are priceless. Practice positivity every day and in every way. Like the old saying "You catch more flies with honey than with vinegar"; your positive outlook will reap its own rewards.

More information can be found at:

<https://wmhdoofficial.com/>

IT'S TURKEY TIME!

Respectfully submitted by Wendy Thomson

Yes, it is that time of year again when we plan what we are going to serve for Thanksgiving, Christmas and all the other events that will be happening over the next few weeks.

I decided to see what I could find out about turkeys and here is some information for you.

Wild turkeys were first introduced in Alberta in 1962 when 21 wild turkeys from South Dakota were introduced to the Cypress Hills Provincial Park

and are now also found within the Grassland and Rocky Mountain Natural Regions. Wild turkeys do not migrate, spending the winter in or near rural properties, woodlots and farmyards where they can find shelter from the elements as well as food.

Turkeys are fascinating birds with unique traits, including the ability to change the color of their heads to convey emotions and have exceptional vision. The male turkeys are called "gobblers", and the female turkeys are called "hens". Male turkeys

can grow to a length of 100-125 cm. and weigh 5-11 kg. The females can grow to a length of 76-95 cm. and weigh 3-5.4 km. Turkeys have a large fan-shaped tail, a long neck, long powerful legs and a long beak.

The turkey has 3 times better vision than humans with 20/20 vision. It can see in full color and its eyesight covers 270 degrees (whereas we humans have a 180 degree vision).

You can tell a male turkey's mood as they can change the color of their heads. Colors can change from red to blue to white and the more intense the colors are the more intense their emotion.

Since turkeys do not have teeth, they swallow small rocks to aid in the mechanical digestion of their food. They have two stomachs, the glandular stomach and the gizzard.

The male turkey has a fleshy appendage over its beak called a "snood" which is used for finding a suitable mate. The snood can extend and retract, and its size and color are indicators of the turkey's emotional state and health.

"Wattles" and "Caruncles" are the fleshy growth found around their necks. Wattles are the small, red dangly bits that hang under the turkey's chin, and caruncles are the bulbous growths on the head and neck. Wattles allow the bird to release excess heat. An interesting bit of information - male turkeys even have beards!

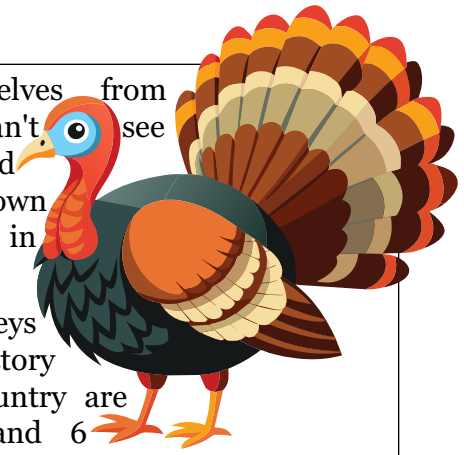
Wild turkeys spend most of their time on the ground but fly up into trees when it is time to sleep. This is

done to protect themselves from predators as turkeys can't see well at night. Wild turkeys have been known to fly up to 55 mph in short bursts.

Domesticated turkeys such as those on factory farms across the country are killed between 5 and 6 months of age. The pet turkey can live up to 10 years. The domesticated turkey has lost the ability to fly through selective breeding that has created heavier, broad-breasted birds. This feature is much desired by chefs and commercial turkey producers. The shorter legs of the domestic turkey also means it can't run as well as it's wild cousin. The survival rate of releasing domestic turkeys in the wild is very low as skills to survive predators, find food, etc. have usually been bred out of the domesticated turkey.

Vegan turkeys are also available for those who do not eat meat. Turkeys are made up of a variety of ingredients including vital wheat gluten. There are a variety of brands available in the stores and tofurkey is considered to have just as much protein as turkey bird meat.

Well, there you have it. All you ever wanted to know about turkeys. In closing I will leave you with the following information: in a year Canadians purchase up to 6.1 million whole turkeys with 2.7 million being purchased for Thanksgiving alone!



Respectfully submitted by Farhath Siddiqui

As you all know, October is celebrated as Islamic History Month (IHM) in Canada. I wish you all peace and blessings during this time. This year, IHM is being celebrated with the theme **Health and Healing**. In today's fast-paced world, where everyone is as busy as the hands of a clock, maintaining a healthy diet and overall well-being has become increasingly difficult. We are seeing a rise in both systemic diseases and

mental health issues.

The importance of making healthy choices, particularly when it comes to fruits and vegetables, dates back to early Islamic traditions. According to many narrations, Prophet Muhammad encouraged the daily consumption of dates. He said, "Indeed, in dates, there is a cure." Modern science supports this, showing that dates are a rich source of iron, calcium, antioxidants, and calories, making them a great energy booster. Similarly, other beneficial foods mentioned in Islamic teachings include olives, honey, pomegranates, grapes, watermelon, cucumbers, and staple grains like barley.

For more information on Prophetic medicine, one recommended resource is the book *Healing with the Medicine of the Prophet*, edited by Raymond

J. Manderola. He beautifully explains how simple diets often require simple medications for simple ailments, whereas complex diets tend to need more complex treatments.

The food we consume also affects our mental health. The more junk and processed food we eat, the more likely we are to develop diseases. A sedentary lifestyle further compounds these issues. One of the core Islamic principles is the practice of five compulsory daily prayers. These prayers involve physical movements—standing, bending, bowing, and prostrating—performed multiple times, depending on the number of prescribed units per prayer. This, combined with focused concentration on the Creator, promotes mindfulness and helps calm the brain, providing much-needed relief from everyday stress.

Islamic heritage, based on the Qur'an and Prophetic teachings, pioneered early inventions and discoveries in medicine, astronomy, the arts, mathematics, optics, travel, timekeeping, and more. It is unfortunate that many of these contributions have been overshadowed and hidden under the label of the "Dark Ages."

Did you know that Ibn Sina (Avicenna, 1025), known as the "father of early modern medicine," wrote *The Canon of Medicine*, a five-book encyclopedia that was the standard medical textbook in medieval Europe until the 18th century?

Ibn Nafis – {1213}, was the first to describe human blood and pulmonary circulation, challenging Galen's (205 AD) theories. Modern-day cardiologists have confirmed his findings.

Al-Zahrawi (1013 CE), a pioneering physician, invented surgical instruments that are still in use today. His famous encyclopedia, *The Kitab al-Tasrif* ("On Surgery and Instruments"), is the first illustrated surgical guide ever written. His detailed drawings of surgical tools laid the foundation for modern surgical innovations.

Ibn Ishaq Ali Al-Rohawi (9th century) was the first to author a book on medical ethics, *Practical Ethics of the Physician, or Practical Medical Deontology*.

Ibn Sahl Balkhi, a Persian Muslim physician, psychologist, and scientist, was the first to diagnose that mental illness can have both psychological and physiological causes. He identified four types of emotional disorders: fear and anxiety, anger and aggression, sadness and depression, and obsessions. He used the term *Tibb al-Ruhani* (medicine of the soul) for spiritual and psychological health and *Tibb al-Qalb* (medicine of the heart) for mental health.

Many more Muslim physicians and scientists were early innovators of modern equipment and ideas that we still use today. To learn more, please visit the following websites:

- <https://icnasistersca.org/projects/ihm/>
- <https://www.islamichistorymonth.ca/>
- <https://www.canada.ca/en/canadian-heritage/news/2024/09/statement-by-minister-khera-and-special-representative-amira-elghawaby-on-canadian-islamic-history-month.html>

health & healing
ISLAMIC HISTORY MONTH

- Benefits of dates
- iron source
- rich calcium content
- heals bowel illnesses
- excellent anti-oxidant
- great energy booster
- packed with calories

"Indeed, in dates, there is a cure."
- Prophet Muhammad (pbuh)

ICNA Sisters Canada
Islamic Circle of North America

towardspeace.net
1800-ISLAM-00

health & healing
ISLAMIC HISTORY MONTH

- Benefits of honey
- Increases body immunity
- energy booster
- wound healing properties
- helps relieve cough
- counteracts free radicals
- rich in antioxidants and nutrients

"You should take the Two that bring healing: Honey and the Quran"-
Prophet Muhammad (Pbuh)

towardspeace.net
1800-ISLAM-00

ICNA Sisters Canada
Islamic Circle of North America

health & healing
ISLAMIC HISTORY MONTH

- Benefits of olives
- weight loss
- cancer prevention
- cardiovascular benefits
- good source of iron
- digestive tract health
- increases blood levels of glutathione

"Season (your food) with olive oil and anoint yourselves with it, for it comes from a blessed tree."
- Prophet Muhammad (pbuh)

ICNA Sisters Canada
Islamic Circle of North America

towardspeace.net
1800-ISLAM-00

Just For Fun!

Recipes respectfully submitted by Margaret Van der Meer

Seafood Pasta Salad

Ingredients:

- 6 cups rotini Pasta
- 1 cup celery, chopped
- 1 lb crabmeat or imitation crabmeat
- 1 cup mayonnaise
- 2 tbsp lemon juice
- 3 tsp dill, separated
- 1 tsp celery salt

Directions:

1. Cook rotini as directed and let cool.
2. Add celery and crabmeat.
3. In a separate bowl, combine mayonnaise, lemon juice, 2 tsp dill, and celery salt and mix well.
4. Stir dressing into pasta/crabmeat mixture and sprinkle 1 tsp dill over top.



Perogy Casserole

Ingredients:

- 1 pkg. frozen perogies
- 1 tbsp butter
- 1 onion, chopped
- 1 green pepper, chopped
- 1/2 cup cooked ham, chopped
- 1 can mushroom soup (10 oz)
- 1/4 cup milk
- 1/4 cup cheddar cheese, shredded

Directions:

1. In a frying pan, melt butter and sauté onions and peppers for 5 minutes.
2. In a casserole dish, combine perogies, onions, peppers, and ham.
3. Combine milk and mushroom soup in a separate bowl and pour over casserole.
4. Top with shredded cheese.
5. Cover and bake in 350°F oven for 40 minutes.

New Potato and Chive Salad

Ingredients:

- 1½ lb new potatoes, unpeeled
- 4 green onions
- 3 tbsp olive oil
- 1 tbsp white wine vinegar
- ¾ tsp Dijon mustard
- ¾ mayonnaise
- 3 tbsp fresh chives, cut up
- ½ tsp salt
- ¼ tsp pepper

Directions:

1. Cook the potatoes in boiling salted water until tender.
2. Meanwhile chop the green onions.
3. Whisk together the oil, vinegar and mustard.
4. Drain the potatoes well, then mix lightly with the vinegar mixture and onions. Leave to cool.
5. Stir the mayonnaise and chives into the potatoes and chill until ready to serve.



Hash Brown Potatoes

Ingredients:

- 1 pkg frozen hash brown potatoes
- 1 onion, chopped
- 1 cup sour cream
- 1 cup cheddar cheese, shredded
- 1 can mushroom soup (10 oz)
- ½ tsp each of salt and pepper
- ¼ cup softened margarine

Directions:

1. Mix all ingredients together and place in a casserole dish.
2. Bake at 350°F for 1 hour.

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.

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 - \$75 each or both for \$125 or best offer.



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



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

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



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





Dog Training & Mobile Grooming - Tyler Breland

Email: fenrirdogtrainingandgrooming@gmail.com

Location: Calgary, Alberta

Phone: 587-226-1758

 @fenrirdogtrainingandgrooming

 www.facebook.com/FenrirDogTrainingandGrooming



Super Scoopers

Kody: 403-510-4139

Facebook: superscoopers

Email: calgarysuperscoopers@gmail.com

Services:

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



Knife Sharpening:

\$5.00 per knife

Bill (D251) 403-875-4096

Make sure that your knives are up to the task.



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
#55 10001 Brookpark Blvd, SW
Calgary Alberta
canadiangolden@gmail.com 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
OCTOBER 13	14 <i>SHOP & OFFICE CLOSED FOR THANKSGIVING</i>	15 <i>ENTERTAINMENT & SOCIAL EVENTS @ 7:00</i>	16	17	18	19
20	21 <i>FINANCE @ 6:00</i>	22	23	24	25	26 <i>MEMBERS MEETING @ 10:00 AM @ GRACE LUTHERAN</i>
27	28	29	30 <i>BOARD OF DIRECTORS @ 6:30</i>	31 <i>HALLOWEEN AT B50!</i>	NOVEMBER 1	2
3	4 <i>NEWSLETTER @ 7:00</i>	5	6 <i>PROPERTY MAINTENANCE @ 5:00</i>	7	8	9
10	11 SHOP & OFFICE CLOSED FOR REMEMBRANCE DAY	12 <i>MEMBERSHIP @ 7:00</i>	13	14 <i>EDUCATION, INVOLVEMENT, & AWARDS @ 6:30 ENTERTAINMENT & SOCIAL EVENTS @ 7:00</i>	15	16
17	18 <i>FINANCE @ 6:00</i>	19	20	21	22	23
24	25	26	27	28 <i>BOARD OF DIRECTORS @ 6:30</i>	29	30
DECEMBER 1	2 <i>NEWSLETTER @ 7:00</i>	3	4 <i>PROPERTY MAINTENANCE @ 5:00</i>	5	6	7
8	9 <i>ENTERTAINMENT & SOCIAL EVENTS @ 7:00</i>	10	11	12 <i>EDUCATION, INVOLVEMENT, & AWARDS @ 6:30</i>	13	14

Contact Information

OFFICE AND SHOP CONTACTS

OFFICE AND SHOP HOURS

Monday to Friday - 8:30 am to 4:30 pm (shop closed over the lunch hour)

Office and Shop are closed Saturday and Sunday

OFFICE PHONE NUMBER: 403-246-2746

OFFICE FAX NO: 403-240-4333

Extensions:

- 101 or 103 – Property Services & Office Coordinator – Paula
- 102 – Committee and Volunteer Coordinator – Janine
- 104 – Financial Services Coordinator – Cathy
- 105 – General Manager – Jon J.
- 108 – Maintenance Manager – Mike
- 209 - Assistant Maintenance Manager – Jon V.

Employees in the maintenance department have voice mail only. Please call the appropriate extension and leave a message, they will call you back.

- Stephen 201
- Brad 202
- Eric 203
- Josh 205
- Will 206
- Jeff 207



After Hours Emergency Maintenance:

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

After Hours Emergencies refer to:

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

COMMITTEE CONTACTS 2024-2025

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

Chair: 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.

