

Connections

Your SMHC Newsletter

Summer 2024

TABLE OF CONTENTS

GOVERNANCE & MANAGEMENT REPORTS .. 2

BOARD OF DIRECTORS REPORT 2

GENERAL MANAGER'S REPORT 3

Work Order Performance 3

FROM THE TEAM AT B50 4

Graham Lundquist's Retirement Celebration 4

Office Hours & Closures 5

Ground Guys Lawn Cutting Schedule..... 5

SACHA / TELUS Partnership 5

OUR RETROFIT 7

TIPS, SUGGESTIONS & EXPERIENCES 7

COMMITTEE REPORTS..... 9

CSI COMMITTEE (CO-OP SENIORS INTERESTS) 9

EDUCATION, INVOLVEMENT, & AWARDS COMMITTEE 9

ENTERTAINMENT & SOCIAL EVENTS COMMITTEE 9

GRIEVANCE & RESOLUTION COMMITTEE 10

NEWSLETTER COMMITTEE 10

SMHC STAMPEDE BREAKFAST 11

COMMUNITY NEWS 12

CALGARY CURRIE - A MESSAGE FROM MLA JANET

EREMENKO 12

Recovery Alberta 12

1st Annual Stampede BBQ with Janet Eremenko 13

OBITUARIES..... 14

Elmer Sylvio Stalmach 14

EDUCATION & AWARENESS 15

INTERNATIONAL FRIENDSHIP DAY – JULY 30, 2024 15

Celebrating Bonds Across Borders..... 15

MEMBER'S MEMORABILIA..... 15

THE THRILLING WORLD OF BASKETBALL 17

LACROSSE 18

JUST FOR FUN! 19

RECIPES 19

Cranberry Chicken..... 19

Classic Lime Salad 19

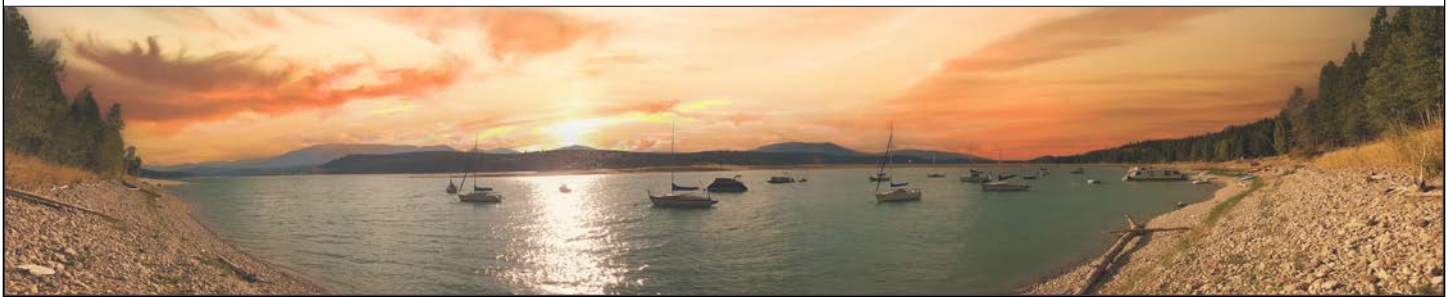
CLASSIFIEDS 20

CALENDAR 22

CONTACT INFORMATION..... 23

OFFICE AND SHOP CONTACTS 23

COMMITTEE CONTACTS 2024-2025 24



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

HAPPY CANADA DAY!!!

Hopefully, everyone was able to get out and celebrate our country's birthday.

With the beginning of July comes the Calgary Stampede. **YAHOO!!**

Come join your neighbours for **SMHC's Annual Stampede Breakfast** on Saturday, July 13th at B50 from 9:00 a.m. to 11:00 a.m., food options available.

Congratulations to our high school and post-secondary graduates. You made it. The big decision ahead of you is either looking for a job or furthering your post-secondary education. Just remember to keep your eye on the prize and keep moving forward. Good Luck!!!!

Many thanks to the SMHC Team for a job well done. SMHC would not be able to function properly without you.

Again, many thanks to all of our volunteers for the time and effort you have put in to make SMHC the place that it is. Aside from the Entertainment & Social Events Committee who will be bringing us some fun summer events, the only other Committee not taking a break this Summer is the Retrofit Task Force, which will be meeting every two weeks. We need those retrofit updates. Also, if anyone is wanting to get involved with a Committee, the Grievance Committee is in need of a helping hand.

Many thanks to the members whose units have gone or are going through the Retrofit for the tidbits of information on how to cope during the various stages of construction. Much appreciated.

Although indoor water restrictions are being lifted, the City of Calgary's Stage 4 outdoor water restrictions are still in place. Even as these restrictions hopefully can be eased in the coming

weeks, we still encourage you to please use water wisely. In the June newsletter we encouraged you to fix leaks, water gardens during the coolest part of the day, and use water-efficient appliances. Remember that we pay for every drop of water that we use and / or waste. Think of it as liquid gold going down the drain.

Lastly, please treat your neighbour the way you would like to be treated. We are one big multi-cultural family, living, working, and playing together.

Have a great Summer and if you are travelling, please return to SMHC safely.

*Respectfully submitted by Wendy L. Wilson
on behalf of the SMHC Board of Directors*



GENERAL MANAGER'S REPORT

I hope everyone had an incredible Canada Day weekend spending it with family and friends. Summer is truly upon us with temperatures expected to climb into the 30s next week. With that in mind, CANA will be implementing hot weather work procedures which will see the workers taking more micro breaks to ensure they are hydrated.

The City has relaxed indoor water restrictions after almost a month. We are though still in a Stage 4 outdoor water restriction. This means all outdoor water use continues to be banned along with the use of fire pits. We would ask all members to please respect these restrictions.

From May 16 to June 20th, about 3 weeks of the water restrictions, we reduced our water usage by 372 m³ or 2.9%.

I would like to thank all the members whose units are either under construction or have basically been finished. Thank you for your patience, accommodation and understanding. Especially when we had to request last minute access to your units.

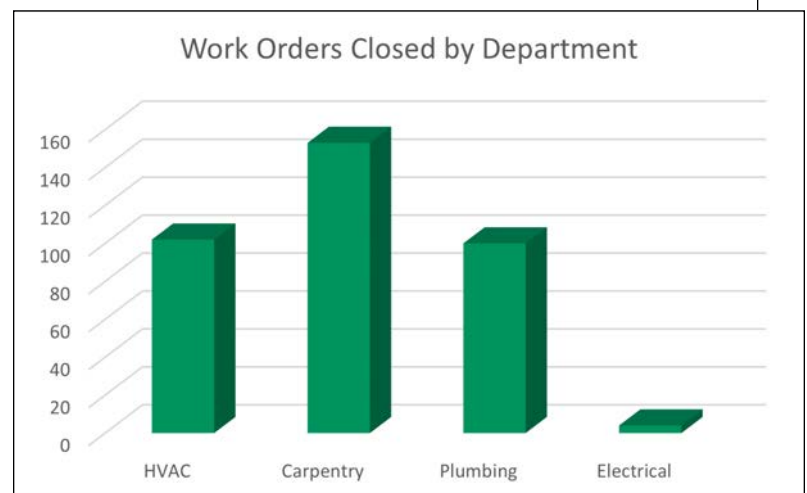
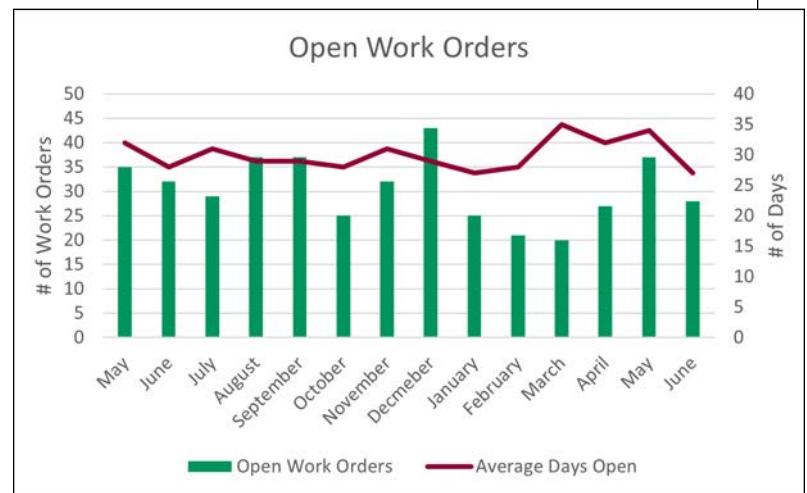
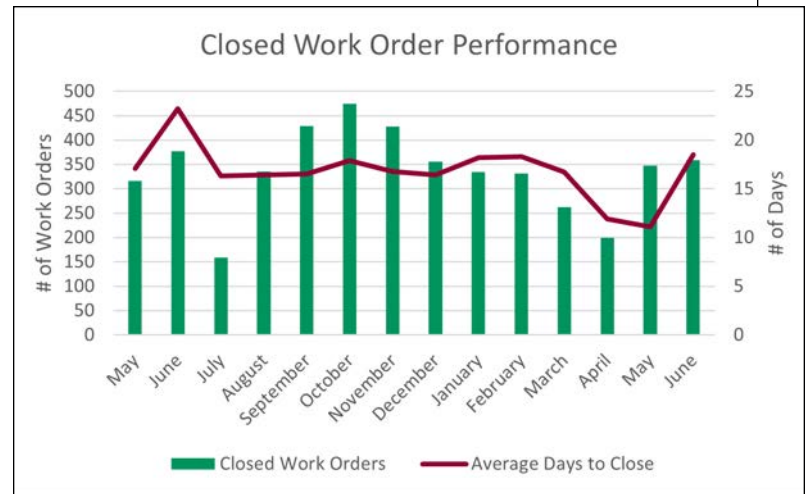
It was great to see such a strong turn-out at the members meeting last week. We continue to showcase Co-operative Principle #2 – Democratic Member Control. It is through these engagements that we continue to make stronger our community.

Have a great summer!

Thank you,

Jon Jackson
General Manager

Work Order Performance



FROM THE TEAM AT B50



***To: All Members and Residents
of Sarcee Meadows Housing
Cooperative Ltd. (SMHC)***

***You are cordially invited to attend
a Retirement Celebration for:***

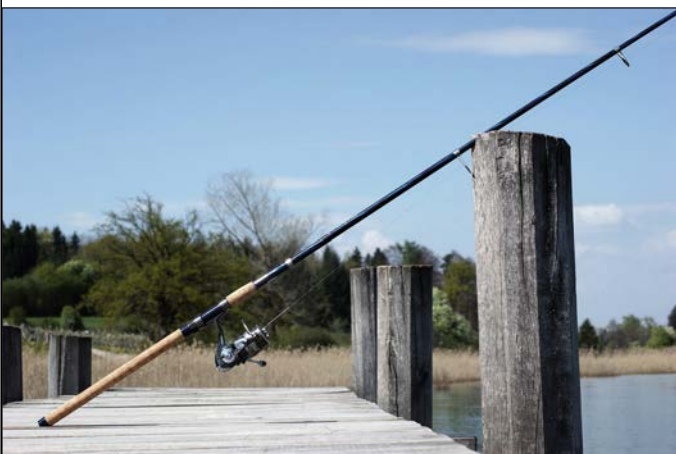
***GRAHAM LUNDQUIST
SMHC Maintenance Team Plumber***

Date: Friday July 19th, 2024

Time: 5:00 pm to 7:00 pm

Location: Rutland Park Skate Shack

***Light snacks and beverages will be
provided.***



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, August 5th, 2024 for Heritage Day and on Monday September 2nd, 2024 for Labour Day.

Ground Guys Lawn Cutting Schedule

The Grounds Guys team will be following a four day a week cutting schedule from Tuesday to Friday. Please check the list below carefully and ensure that your yard is clear on your scheduled day. This includes kids toys, lawn furniture, and most importantly, pet waste!

This year’s schedule is as follows:

Day 1:	Tuesdays
	B, A, and L
Day 2:	Wednesdays
	K, J, and "Top" of H (H511 to H563)
Day 3:	Thursdays
	"Bottom" of H (H481 to H508), G, F, and E
Day 4:	Fridays
	D and C

SACHA / TELUS Partnership

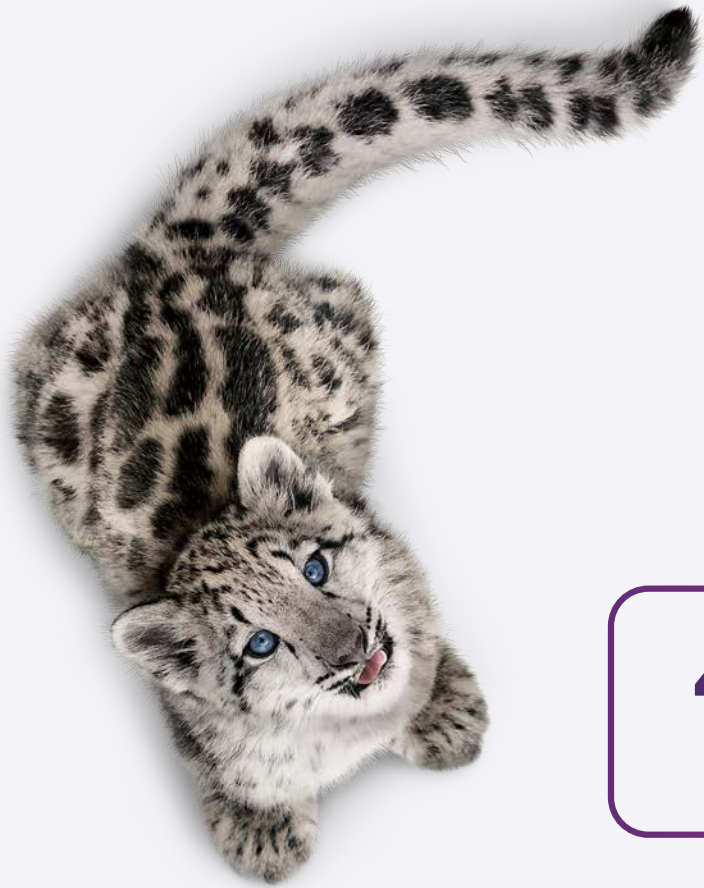
There has been a considerable increase in the inquiries made to our partners at SACHA and TELUS regarding the 40% partnership agreement. An updated 40% partnership poster is included on the next page for your reference and posted on the bulletin board in the main office foyer.

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

Greetings and welcome to another addition of Our Retrofit! Please keep your helpful suggestions and great articles about your retrofit experiences coming in by email to retrofitsmhc@gmail.com or if you prefer, drop of your notes and comments to B50 either during office hours or through the night deposit box. Mark your submission "Our Retrofit" and it will be passed on to the editing team for this column.

We have decided to revisit the "Neighbour Helping Neighbour" feature that we first introduced to Our Retrofit in the April Issue of Connections. First, we'd like to send a big thank you out to Oliver Hadrys who put his name out there to assist fellow members as soon as we announced this feature. Your editor has personally spoken to one member that received a generous helping of Oliver's assistance and she was very grateful to him for making the process of taking down window coverings and fittings so very easy and stress free. Thank you, Oliver!

Do you perhaps need help taking down pictures or re-situating some of your belongings prior to the construction teams arriving at your building? We'd be happy to let folks know your name and unit number so help can be arranged neighbour to neighbour. Conversely, if you have some time and availability and would like to offer your aid to neighbours who are struggling, let's bridge the gap and get folks together.

Helping each other is truly what makes a Co-operative Community such a wonderful and special place to call home!

As things progress with the retrofit, it seems a good time to start adding a few helpful hints and do's & don'ts in regard to your retrofitted unit.

Hardie Board Siding – Reminders:

- Keep bushes, trees, and other plantings well away from the siding.
- Also keep trellises and garden planters, ornaments, or plant supports clear of the siding.
- Do Not affix any hooks, plant hangers or other materials to the siding.
- Every 6-12 months, wash your Hardie siding with a garden hose. The low-pressure water spray will protect your home exterior. DO NOT use a power washer as this could damage the siding.
- In the wintertime, be extra careful to keep deicing salts well away from the siding.

Next up is a reminder to any of you that have already had the ERV unit installed in your home. It is most important that you **Do Not Turn Off the ERV Unit Ever**, the unit must run continuously to be effective in recirculating the air in your home. Everyone will be receiving more detailed information regarding this important part of the retrofit installation, so you'll know even more about this feature.

We're also very pleased to be able to give you another great article from Kathy Aubichon regarding this very topic, she's happy to tell us about her experience during the installation of the ERV.

Retrofit Update – We are very happy members here in H482! (Respectfully submitted by Kathy Aubichon):

The day of us having our ERV installed was fast approaching and Mark and I were getting very nervous. 20 years ago, Mark had installed ceramic tiles in our upstairs washroom, and we wondered how in the heck are they going to install the ERV cover without damaging the tiles.

About a week before the install, I saw Shawn in the neighbourhood so I asked if he had a moment to come take a look at what he would be dealing with in our unit and I'm so glad that I did. Shawn stopped by more than once to check out our tile situation. It didn't take Shawn long to come up with a perfect solution and the right man for the job. Don came in and with great effort and precision he not only managed to cut the ceramic tile he aligned both of the pieces of equipment perfectly centered between the tiles. The big smile on Mark's face when he saw the completed work said it all. My suggestion to anyone feeling anxious about their ERV install is to talk to Shawn about it and he will surely put your mind at ease.

Thank you so much to Shawn, Don, Carl, and Carlos for doing such an exceptional job installing the ERV as well as the electricians Brody and Trevor. Shawn, you have a great team of guys working for you. They were here at 7:15am and didn't leave until around 6pm and the smiles didn't leave their faces the whole time. Our chimney was in an awkward spot, so it took the guys longer than usual to complete the task. Thank you, Shawn, and Mike, for stopping by our unit and checking out Don's handiwork with the tiles. Don knew it was going to be a messy job, so he hung plastic up all around our bathroom and left it cleaner than when he started.

I echo Mike's comments about the work ethic of Shawn and his team. Mike said "Shawn has been with us for over ten years now as a Contractor and friend to SMHC. Always there when we need him, and that includes so many countless hours. His work ethic and skills are really second to none."

We are finding the ERV runs quieter than expected. I actually have slept better with the low hum of the ERV becoming my white noise. 😊

Onwards and upwards, the Best is yet to come!!



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)

Hello Everyone! 'Happy Summer' to you all!

It has been a very busy few months here in Sarcee Meadows. This summer will be a busy one as well. The CSI committee has taken a break from meetings until the fall, but we want to encourage all you Seniors to attend the two upcoming 'fun filled events' that are planned by the Entertainment & Social Events Committee.

Start the summer off by attending the Annual Stampede Breakfast on Saturday, July 13th, 9:00 am to 11:00 am. Complete with flapjacks, sausages, and beverages. Sounds delicious! Come and join in the 'Stampede Spirit'.

August will bring another exciting annual event; the Summer Barbecue on August 17th, 12:00 pm to 4:00 pm. Something 'fun' for everyone at this event: Grandmas, Grandpas, Moms, Dads, Aunts, Uncles and Kids of all ages. Lots of good food and games! Look especially for the "Sarcee Oasis" Tent, presented by the CSI Committee, where tables and chairs will be set up for your comfort. Watch for an upcoming flyer for further details.

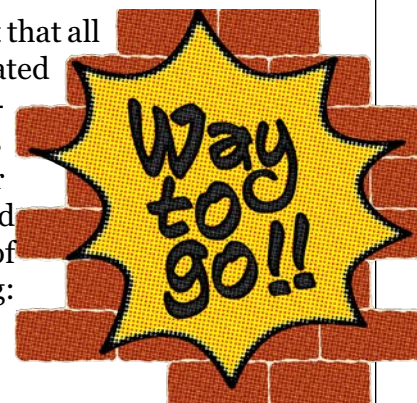
Our next meeting will be on October 9th, and we would like to encourage more seniors to come out and join us. We always need new ideas and more smiley faces. Watch for meeting details in upcoming Newsletters. Have a safe and happy summer!



EDUCATION, INVOLVEMENT, & AWARDS COMMITTEE

Awards Update:

We are pleased to report that all funds have been allocated for the budget year 2023-24. Congratulations and best wishes to our three hardworking and ambitious recipients of the Education funding: Rebecca Breland, Kenzy Jali, and Darson Peters.



Way to Go!

ENTERTAINMENT & SOCIAL EVENTS COMMITTEE

Stampede Breakfast - Saturday, July 13th:

Yahoo! Come on down to B50 for a good ol' pancake breakfast from **9:00 am to 11:00 am**. Check out the flyer in this issue of Connections!

Just a reminder that due to construction you'll find us right out in front of B50. Again we thank you in advance for your patience and cooperation while the parking stalls in front of B50 are temporarily closed.

There is still time to volunteer if you'd like to help for this event. From setting up at the start, cleaning up at the end, and everything in the middle there are plenty of spots open! Just reach out to Shabana by email at shabana_thabasum@yahoo.ca.





Summer BBQ Saturday, August 17th:

Our 9th Annual Summer BBQ event will be held on **Saturday August 17th from 12:00 pm to 4:00 pm!**

Watch your mailboxes and email in-boxes later this summer for all the details! We'll have an added feature this year, the "Sarcee Oasis" Tent, plus with bouncy houses, giant yard games, music, lots of food, and sweet treats, it all adds up to tons of family fun!

Again, we will need lots of extra volunteers! If you would like to volunteer any amount of your time to help with this event, please email Shabana at shabana_thabasum@yahoo.ca or Kathleen at kandkpowell@gmail.com.

GRIEVANCE & RESOLUTION COMMITTEE

Hello fellow members!

Your grievance committee is looking for more volunteers to join us. If you were thinking of giving back to your community by volunteering please consider joining us.

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 my email kadai616@mtroyal.ca, I am looking forward to connecting with you.

Thanks,
Kaitlin, Chair of the Grievance & Resolution Committee.



NEWSLETTER COMMITTEE

Summer is here, school is finished until the fall and now it is time to enjoy your summer vacation. Congratulations to all the graduates and we wish you all the best in your future endeavours.

We have included some recipes as well as some articles we have written for you. It was great to see the comments submitted by our members regarding the retrofit. Please keep sending in your comments, tips, and suggestions.

Congratulations to Jeff Leitch, the winner of our Jellybean Contest! There was a total of 978 jellybeans in the jar and Jeff's winning guess was 876. The prize for the contest is the jar of jellybeans. Enjoy!

We are going to take a break for the summer and will publish the next Newsletter in October. Have a terrific summer!

Newsletter Block Rep Needed: Starting in October there will be two newsletter delivery routes available. One route covers 10 units in C, with only 1 paper delivery recipient at the moment. The other route covers 12 units in D, also with only 1 paper delivery recipient. Please contact the office if you are interested in this easy volunteer opportunity.



SARCEE MEADOWS HOUSING COOPERATIVE LTD.

STAMPEDE BREAKFAST

July 13th, 2024 • 9:00 am - 11:00 am

Come down to B50 to enjoy pancakes and sausages (or Halal/vegetarian options) with family, friends, and neighbours!

Coffee, tea, and juice are included or if you prefer, bring a water bottle which can be refilled on site.

Tables, chairs, and canopies will be provided but you are welcome to bring your own chairs as well.

Please Note:

- **This event will go ahead, rain or shine. Consider bringing an umbrella if it is raining.**
- **The location has changed to the front of B50.**
- **To accommodate this the row of B50 parking stalls in front of the building will be blocked off prior to the event. We thank you for your cooperation and patience.**



Community News

CALGARY CURRIE - A MESSAGE FROM MLA JANET EREMENKO

**Janet
Eremenko**

MLA FOR CALGARY-CURRIE

403.246.4794

Calgary.Currie@assembly.ab.ca



Recovery Alberta

On September 1, the first new health organization to come out of the dissolution of Alberta Health Services officially comes online. This means 10,000 employees, 500 contracts and more than a billion dollars dedicated to addiction and mental health services under AHS will be transferred to a new entity called Recovery Alberta. If all goes according to the government's plan, it will streamline services and offer Albertans better access to the health care they need.

As the Critic for Mental Health and Addiction, it's my role to ensure the transition pays off, always with the goal that Albertans can access the health resources they need. Over the past few months, I've spoken with many people who described nightmare scenarios trying to find doctors, counsellors and psychologists, prescriptions, and group programs to help themselves or a loved one with complex mental health issues. While the government is committed to building addiction treatment centres, I'm hearing about mental health programs being eliminated, and deeply inadequate services outside of Calgary and Edmonton.

So, I watch the transition to Recovery Alberta with cautious optimism. In the days following its announcement, there was a lot of confusion amongst addiction and mental health workers about how the transition would impact them. Healthcare is an incredibly complex system that is already difficult for families to navigate and consultation with those who know the system best is critical. Bill 22, the Health Statutes Amendment Act, introduces a new health system framework that is equally complex. We will all need to learn it together, and I look forward to supporting patients, families, and healthcare workers through the transition and beyond.

1st Annual

Stampede BBQ

with Janet Eremenko
MLA FOR CALGARY-CURRIE



DOOR PRIZES! 🎁

GLITTER TATTOOS! ✨

LIVE MUSIC! 🎹

THURS JULY 11
5-7PM

KILLARNEY GLENGARRY
COMMUNITY ASSOCIATION
2828 28 ST SW



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.

ELMER SYLVIO STALMACH

September 18, 1940 - Melville, Saskatchewan

June 23, 2024 - Calgary, Alberta



It is with great sadness that we announce the passing of Elmer Stalmach of Calgary, AB, on Sunday, June 23, 2024, at the age of 83 years.

Elmer was predeceased by his beloved spouse Anne, son Jeff, grandson Ryan, his parents, Rudolph and Eva; and brothers, Eddie and George.

Elmer attended farm school for eight years before boarding in town and graduating from Central High School in Melville, SK. He lived a vibrant life in Hamilton, ON for twelve years before moving to Calgary, where he embarked on a 30-year career in Materials Management with Alberta Health Services. It was at the Holy Cross Hospital where he met Anne, his soul mate of 36 years. Elmer retired from

Rockyview General Hospital in 2008.

He is survived by an extensive family through his marriage to Anne, including three daughters, nine grandchildren, and twelve great-grandchildren. He also leaves behind a host of dear friends and cousins.

He will be remembered, always in our hearts.

If friends so desire, memorial tributes may be made directly to The War Amps Alberta, PO Box 11000, Station Main Edmonton, AB, or The Mustard Seed Ministry, 102 – 11 Avenue SE, Calgary, AB T2G 0X5 Telephone: (403) 269-1319, www.theseed.ca.

Elmer moved into Sarcee Meadows August 1, 1985. He will be sadly missed by so many of his friends and neighbours.

DEEPEST
Sympathy

Education & Awareness

INTERNATIONAL FRIENDSHIP DAY – JULY 30, 2024

Celebrating Bonds Across Borders

Respectfully submitted by Jenn Jenkinson

Friendship Day was first celebrated in Paraguay in 2011. The idea of honouring friendships with a special day came from Dr. Ramon Artemio Bracho, a physician and social activist. Dr. Bracho believes that friendships promote better health and quality of life. Friends supply support, encourage our growth, and even challenge us to reach for new goals and accomplishments.

We make many friends in our lives, but some come with greater depth and longevity than others. There have been many things written over the years about what makes for a good friendship but the qualities that stand out the most in such relationships are trust, deep affection, compassion, and mutual respect.

The theme of International Friendship Day this year is Celebrating bonds across Borders and one look at our nightly news reports will remind us of how very timely and vital it is for us to recognize and acknowledge those links we have to other countries. Your own Friendship Day celebration may include reaching out to a friend across the ocean or across the border; a time to renew the bond, share stories and laughter and find peace in each other's company. Better understanding, more peaceful relations and positive outcomes all start with small gestures and grow exponentially as they are shared amongst friends.

One of my dearest friendships grew out of my annual trips to Southern Mexico. The first year I was there I met a gentleman named Ramiro. At that time our trip was a little more than just a Mexican vacation, I was helping some friends in an effort to bring an Elementary School (escuela primaria) to a rural village high in the Sierra Madre Mountains an hour and a half from the tourist zone on the coast. Ramiro was our greatest asset, not only a knowledgeable tour guide I discovered he had outstanding language skills even possessing some fluency in the original Zapotec tongues which are still spoken in these more remote areas. Over my years of visiting the area I have become very good friends with this soft-spoken, intelligent, and generous spirit. We have a tradition of meeting for a long conversation over a delicious Mexican breakfast and I cherish those talks immensely. Ramiro Sanchez, mi buen amigo, apreciaré nuestra amistad siempre. (my good friend, I will cherish our friendship always.)



MEMBER'S MEMORABILIA

Respectfully submitted by Slawa Gruszczynska

Many past and present members of SMHC built the history of Calgary, Alberta through their work, volunteering, being parents, grandparents and being dedicated members of our coop.

Many of us gradually and often without realizing, take part in stewardship of building the cultural, political, social and faith capital of Calgary.

Contributions to what we do throughout our lives here at SMHC, are marked by collections of photos, documents, memorabilia, art, and written stories.

Often, we forget that these resources have a significant value to mark the history.

A person or a family doesn't need to be famous to add a chapter to our history, so important for future generations.

However, unless we take a responsibility to preserve these documents, visual resources, sound records and other forms of testament of how we lived, there is nothing else that can convey the message who you or your family were.

Where did you come from? What language you spoke? Your talents, interests, skills, profession, your heritage.

How would you like to be remembered?

At the time when such milestones in life take place like retirement, downsizing or moving to another location, we take the inventory of our belongings and need to make a decision, what we keep, what we take, or how do we preserve the precious items we accumulated.

If your family is interested in taking over your collections with a great interest and love, hooray!!!! Lucky stars!

However, in case the situation might be different, there is good news.

There are several organizations established for the purpose of protecting the history of Calgary, Alberta, or Canada. Archives, museums, libraries, societies.

Each of these organizations or programs have a specific role and mandate to follow, spaces to fill, when building various aspects of our history.

If you wish to consider donating your collections to one or more of these organizations, there is a need to contact the organization of your choice and discuss your individual scenarios.

The following are some of the organizations listed in no particular order. And there are several more to consider, that could be found by doing your own individual research.

- City of Calgary, Archives
P.O. Box 2100, Postal Station "M"
Calgary, Alberta T2P 2M5
Tel: 403-268-8180
- Heritage Division, Provincial Archives of Alberta
8555 Roper Road
Edmonton, Alberta T6E 5W1
Tel: 1-780-415-0700

- Roman Catholic Diocese of Calgary
403-218-5502
- The Military Museums
4520 – Crowchild Trail SW
Calgary, Alberta T2T 5J4
Tel: 403-410- 2340
- Tsuut'ina Nation Culture/Museum, Gift Shop
Tel: 403-238-2677
- The Firefighters Museum of Calgary
4144 – 11 Street SE
Calgary, Alberta T2G 3H2
Tel: 403-460-5308
- Historical Society of Alberta
1201 – 5 Street SW
Calgary, Alberta T2R 0Y6
- American Historical Society of Germans from Russia – Calgary Chapter
P.O. Box 31043, RPO Bridgeland
Calgary, Alberta T2E 9A3
Website: calgarychapterahsgr.ca
Tel: 403-247-5200
- St. Vladimir's Ukrainian Orthodox Church and Cultural Centre
404 Meredith Road NE
Calgary, Alberta T2E 5A6
Tel: 403-264-3437
E-mail: administrator@stvlads.com
- Polish Canadian Cultural Centre
3015- 15 street NE
Calgary, Alberta T2E 7L8
E-mail: info@dompolski.ca
Tel: 403, 291-3757
- Heritage Park
- Fort Calgary

We, the members of Sarcee Meadows, are going right now through a very exciting time of retrofit.

It is a time of renewal. We need to prepare our homes for workers to access the indoor spaces for installations of new equipment and repairs.

For a while we will not be able to do the usual household cleaning and maintenance, or gardening, until the retrofit of our building is completed.

Perhaps this is a great time to reflect on your incredible collections you have, organize it, and make decisions on how to preserve it.

The Thrilling World of Basketball

By Theresa B

Basketball is a fast-paced, exciting sport played by 2 teams of 5 players. The main goal is to shoot the ball into a basketball hoop at the opposing team's end of the court. Whoever has the most points by the end of the time limit wins the game!

Basic Rules of Basketball: In Basketball, only 5 players can be on the court at once. This includes the forwards, guards, and a center. The game is divided into 4 quarters, each lasting 12 minutes in professional leagues, like the NBA. Points are earned by shooting the ball into the opposing team's hoop. A regular shot, taken inside the three-point line, is worth 2 points. But any shot taken outside that line is worth 3 points, AKA a three pointer.

Positions Of Basketball

Point Guard: The point guard is responsible for directing the team's offense. They handle the ball the most, and make decisions about passing, shooting, and play-calling. Some skills needed for a point guard are: Good ball handling and dribbling, passing, court vision (being aware of where your teammates and opponents are), leadership and good decision making. Some famous point guards are Magic Johnson, Stephen Curry, and Chris Paul.

Shooting Guard: The shooting guard is primarily responsible for scoring points. They are most likely the best shooters on the team. Some skills needed for a shooting guard are: Strong shooting ability, quickness, and good defensive skills. A few famous shooting guards are Micheal Jordan, Kobe Bryant, and James Harden.

Small Forward: The small forward is an adaptable player who can shoot, defend, and assist other players. They are usually strong and physical players. Several skills are needed for a small forward, such as adaptability, scoring ability, and defensive skills. There are three well known small forwards, such as LeBron James, Larry Bird, and Kevin Durant.

Power Forward: The power forward plays near the hoop, ready to rebound, defend and score from inside the key (area around the hoop) They are usually strong physical players, like the small

forward. Skills needed in order to be a power forward are Strength, rebounding skill, good at inside scoring and defensive toughness. Some famous power forwards are Tim Duncan, Karl Malone, and Dirk Nowitzki.

Center: The center is typically the tallest player on the team, playing close to the hoop. Their main responsibilities are rebounding the ball, shot blocking and scoring. They are very important for defense and controlling the key. Some skills needed for a center player are height, strength, rebounding, and shot blocking. Some famous center players are Shaquille O'Neal, Hakeem Olajuwon, and Wilt Chamberlain.

The Inventor of Basketball

Dr. James Naismith was the Canadian inventor of basketball. He was born on November 6th, 1861 in Almonte, Ontario. He grew up in a rural community and developed a love for sports. He studied physical education at McGill university in Montreal, where he earned a degree in 1887. He later received a medical degree in 1898 from the same university.

In December 1891, James was tasked with a job to make an indoor game to keep his physical education class at YMCA training school in Springfield, Massachusetts. He designed the game of basketball, using 13 basic rules and a soccer ball and two peach baskets for the hoops. As the years went by, new techniques were learned for shooting, passing, and dribbling, evolving, and enhancing the game. James's creation impacted sports culture, by creating a beautiful game all ages could play.

This month, I am entering my first basketball camp. I've been trying to learn new things about the game before the day I enter, so I thought it would be great to share this information with you. I hope learning about the positions, rules and the inventor inspires you to try basketball, if you have not already.

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

- Theresa

LACROSSE

Respectfully submitted by Wendy Thomson

The sport of lacrosse is a combination of basketball, soccer, and hockey. Anyone - small or large, short, or tall - can play lacrosse, but keep in mind that the game requires coordination and agility.

There are two types of lacrosse: field lacrosse and box lacrosse. Only field lacrosse was played until the 1930's when box lacrosse was invented. In 1994 Parliament passed the National Sports of Canada Act which declared lacrosse to be "Canada's National Summer Sport".

A lacrosse ball and a lacrosse stick or "crosse" are used to play the sport. Players are not allowed to use their hands to touch the ball (except the goalkeeper). Instead, to get the ball on their offensive side, players have to carry it or pass it to a teammate only by using the stick. Players are not allowed to get too close to the opposing net when trying to score. The rules and regulations, court size and so forth, differ between field and box lacrosse.

Field lacrosse is a fast-moving field sport played with two teams, each with 10 players on the field. Players use sticks with webbed baskets to carry the ball down the field to shoot into the opposing team's net. Regulation playing time is 60 minutes divided into periods of 15 minutes each.

Box lacrosse is played by teams of 5 runners plus a goalie. The game is played at an indoor soccer field or an ice hockey rink, where the ice has been removed or covered by artificial turf. The enclosed playing area is called a "box", in contrast to an open playing field of the traditional game.

Equipment for men's lacrosse would include such items as a helmet, stick, gloves, shoulder pads, arm pads, mouth guard and a protective cup. Goalies are also required to wear a helmet with a face mask, a separate throat protector, padded gloves, and a chest protector. In women's lacrosse, minimal equipment is required due to its non-contact nature. A stick, mouth guard and protective eyewear are the only required items for most players. Stick checking is permitted in the women's game, but only in certain levels of play and within strict rules.

Should you be interested in finding out more about this sport you could consider contacting some of the leisure centers or recreation centers located in Calgary. You can also check out one of the many internet sites such as: calgaryfieldlacrosse.com



Just For Fun!

Cranberry Chicken

Respectfully submitted by Margaret Van der Meer

Ingredients:

- 6 chicken breast halves, boneless
- 14 oz can whole cranberry sauce
- 1 1/2 oz envelope dry onion soup mix
- 1/4 cup ketchup
- 1/3 cup sugar
- 1/4 cup white vinegar

Directions:

1. Place chicken in roasting pan.
2. Mix remaining ingredients in a bowl.
3. Pour mixture over chicken, covering each piece.
4. Cover and bake at 350°F for approximately 1 1/2 hours.
5. Serve with rice or whatever alternative you like, such as pasta or potatoes!



Classic Lime Salad

Respectfully submitted by Margaret Van der Meer

Ingredients:

- 1 pkg lime Jello
- 3/4 cup boiling water
- 8 oz cottage cheese
- 1/2 cup Miracle Whip
- 1/2 cup thin cream
- 2 tbsp grated onion
- 2 tbsp grated carrot
- 2 tbsp grated green pepper
- A few lettuce leaves

Directions:

1. Dissolve Jello in boiling water, let set until syrupy.
2. Mix cottage cheese, Miracle Whip, and cream, then add the grated vegetables.
3. Add all to Jello mixture and let stand until set.
4. Serve on lettuce leaves.



Classifieds

Disclaimer: Any ads placed in this newsletter are not to be considered as an endorsement by Sarcee Meadows Housing Co-operative Ltd. but are for information only.

Wolf Thunder Fitness

- Affordable personal training. Some options as low as \$20 per session.
- I have been in the industry for over 16 years and have worked with ALL levels of fitness. Anyone from the teenage athlete, to stroke survivors, to the senior who just wants to keep moving.
- Certified personal trainer.
- Private session and partner/group options available.
- I offer in person or virtual options where I can train you from anywhere. Right here in Sarcee Meadows. I'll come to you, or you come to me!

Call or text me at 587-216-5643

Email at pearson.vanessa@gmail.com




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.



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



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
JULY 7	8	9	10	11	12	13 STAMPEDE BREAKFAST 9 AM - 11 AM
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	AUGUST 1 ENTERTAINMENT & SOCIAL EVENTS @ 7:00	2	3
4	5 HERITAGE DAY, SHOP AND OFFICE CLOSED	6	7	8	9	10
11	12	13	14	15	16	17 SUMMER BBQ 12:00PM - 4:00PM
18	19	20	21	22	23	24
25	26	27	28	29	30	31
SEPTEMBER 1	2 LABOUR DAY, SHOP AND OFFICE CLOSED	3	4 PROPERTY MAINTENANCE @ 5:00	5	6	7
8	9 ENTERTAINMENT & SOCIAL EVENTS @ 7:00	10 MEMBERSHIP @ 7:00	11	12 EDUCATION, INVOLVEMENT, & AWARDS @ 6:30	13	14
15	16 FINANCE @ 6:00	17	18	19	20	21

Contact Information

OFFICE AND SHOP CONTACTS

OFFICE AND SHOP HOURS

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

Office and Shop are closed Saturday and Sunday

OFFICE PHONE NUMBER: 403-246-2746

OFFICE FAX NO: 403-240-4333

Extensions:

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

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

- Graham 201
- Brad 202
- Eric 203
- Josh 205
- Jeff 207



After Hours Emergency Maintenance:

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

After Hours Emergencies refer to:

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

COMMITTEE CONTACTS 2024-2025

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

Chair: Kathy Aubichon
Board Liaison: Musu Dadi

Elections

Chair: Marie Forester

Finance

Chair: Christine Langford
Board Liaison: Jeremy Hart

Governmental Elections Information

Chair: Astrid Deslandes
Board Liaison: Azhar Manzoor

Membership

Chair: Farha Fatima
Board Liaison: Wendy Wilson

Property Maintenance

Chair: Al Wright
Board Liaison: Azhar Manzoor

Temporary Committees & Task Forces

Bylaw Review Task Force

Board Liaison: Kelly Edwards

Education, Involvement, & Awards

Chair: Kathleen Powell & Garry Sluiter
Board Liaison: Kelly Edwards

Entertainment and Social Events

Chair: Abby Way
Board Liaison: Rebecca Breland

Governance & HR

Chairperson: Rebecca Breland

Grievance & Resolution

Chair: Kaitlin Adair

Newsletter

Chair: Wendy Thomson & Margaret Van der Meer
Board Liaison: Megan Jovie

Retrofit Task Force

Board Liaison: Wendy Wilson

Committees can be contacted through Janine Bell by emailing janine@sarceemeadows.coop or calling 403-246-2746 Ext. 102.

