



# Connections

*Your SMHC Newsletter*

*February 2025*





## **TABLE OF CONTENTS**

<b>GOVERNANCE &amp; MANAGEMENT .....</b>	<b>2</b>
<b>BOARD OF DIRECTORS REPORT.....</b>	<b>2</b>
<b>GENERAL MANAGER'S REPORT .....</b>	<b>2</b>
<b>FROM THE TEAM AT B50 .....</b>	<b>3</b>
<i>Please Keep the Wildlife Wild! .....</i>	<i>3</i>
<i>Office Hours &amp; Holiday Closures .....</i>	<i>3</i>
<i>Parking, Parking, Parking! .....</i>	<i>3</i>
<b>OUR RETROFIT.....</b>	<b>4</b>
<i>Tips and Experiences.....</i>	<i>4</i>
<b>COMMITTEE REPORTS.....</b>	<b>5</b>
<b>ENTERTAINMENT &amp; SOCIAL EVENTS COMMITTEE .....</b>	<b>5</b>
<b>CSI COMMITTEE .....</b>	<b>5</b>
<b>NEWSLETTER COMMITTEE.....</b>	<b>5</b>
<b>EDUCATION &amp; AWARENESS .....</b>	<b>6</b>
<b>HIJAB AND ITS COMMONALITY .....</b>	<b>6</b>
<b>THE TRADITION OF GROUNDHOG DAY.....</b>	<b>8</b>
<b>SPRING RITUALS &amp; HARBINGERS .....</b>	<b>9</b>
<b>BEAVERS.....</b>	<b>12</b>
<b>JUST FOR FUN!.....</b>	<b>13</b>
<b>RECIPES .....</b>	<b>13</b>
<i>Potatoes Pizzaiola.....</i>	<i>13</i>
<i>Apple Yam Casserole .....</i>	<i>13</i>
<i>Spinach Salad.....</i>	<i>13</i>
<b>CLASSIFIEDS .....</b>	<b>14</b>
<b>CALENDAR .....</b>	<b>16</b>
<b>CONTACT INFORMATION.....</b>	<b>17</b>
<b>OFFICE AND SHOP CONTACTS.....</b>	<b>17</b>
<b>COMMITTEE CONTACTS 2024-2025.....</b>	<b>18</b>

### **Land Acknowledgement**

For hundreds of years the people of the Treaty 7 region of Southern Alberta have been building communities on this land known as the gathering, place where the Bow and Elbow rivers meet. In the Blackfoot language, it is called Moh'kinsstis. The Îethka Nakoda First Nations refer to this place as Wichispa and the people of the Tsuut'ina Nation call it Guts'ists'i.

In the spirit of respect, reciprocity, and truth, we honour and acknowledge the traditional territories and oral practices of the Blackfoot Confederacy comprised of the Siksika, Piikani, and Kainai First Nations; as well as the Tsuut'ina First Nation and the Îethka Nakoda First Nations, comprised of the, Bearspaw, and Good Stoney First Nations. We acknowledge that this territory is home to the Otipemisiwak Métis Government of the Métis Nation within Alberta Districts 5 and 6.

We acknowledge all Nations – Indigenous and non – who live, work, and play on this land, and who honour and celebrate this territory. We honour the original caretakers and protectors of this land who made their homes here, shared their stories here, educated their youth, and continued their traditions here. Sarcee Meadows is honoured to continue this tradition of creating inclusive communities and to celebrate this territory we now call home.

## **BOARD OF DIRECTORS REPORT**

Brrrr!!!! We are back to winter. Hopefully, everyone has been able to stay as warm as possible.

One month into the new year and our Office and Maintenance Personnel, Volunteer Committees, and Board of Directors are busy working to improve our diverse community. A community where we are working to make discrimination, harassment, and violence against our staff and our members a thing of the past.

On Thursday, February 13<sup>th</sup>, 2025, at Grace Lutheran Church we will be holding our first hybrid Members Meeting for 2025. Registration is at 6:30 p.m. and meeting commences at 7:00 p.m. This is a two-fold meeting where we will be voting in three new directors and saying a big "THANK YOU" to Kelly Edwards, Musu Dadi, and Chris Severson-Baker for their time, dedication, and knowledge that they brought to the SMHC Board

of Directors. We hope to see as many of you attend as possible.

We also ask that you save the following dates for future SMHC Members Meeting, where everyone's opinion matters.

Future Meeting Dates:

- Saturday, April 12<sup>th</sup>, 2025
- Wednesday, June 18<sup>th</sup>, 2025
- Tuesday, October 21<sup>st</sup>, 2025
- Thursday, February 12<sup>th</sup>, 2025

With it being February, we wish you a Happy Valentine's Day and hope you enjoy Family Day on February 17<sup>th</sup>.

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



## **GENERAL MANAGER'S REPORT**

Well, it looks like we are digging out of the deep freeze for a little bit. As you can imagine, the extreme cold makes it very difficult for work to progress on the retrofit. This is why you may have noticed less workers on site over the last week or so. With warmer daytime temperatures we should begin to see more workers on site.

With the extreme cold we have also continued to see issues with the porch lights. At night the lights are either flickering or not coming on at all. This issue appears to be widespread throughout the units that have them installed. We are currently working with CANA, RJC, and the electrical sub-trade to identify the cause and develop a solution. We will keep you updated as this progresses.

I need to ask for help again please. When the temperatures are below zero, please do not open your window. The warm humid air from your unit escapes out the window and rises. When it hits the metal flashing above your window it freezes and turns to frost. This can cause issues with your windows as this freezes and thaws. Also, allowing the warm air from your unit to escape forces your furnace to work harder to maintain temperature and uses more natural gas. This contributes to

increases in housing charges as we end up paying more for our natural gas usage.

Over the last week, I have seen countless units with their windows open and it is -20 out. I know that some of you are doing this to bring fresh air into your unit. If you have had your ERV installed that is what it does. The ERV completely changes the air in your unit every 1 ½ hours. Please stop opening your windows when it is below zero.

This Thursday is our Annual General Meeting. This is your opportunity to have your say in how our co-op is managed through the election to the Board of Directors. Please take the time to attend and provide your say. Also, the recommendation from the Housing Charge Task Force will be presented. This Task Force of members has done incredible work in researching and putting forth this recommendation to membership. Please review their proposal before the meeting.

Finally, I am hopeful that Balzac Billy got it right this year and we are in for an early spring!

Thank you,

Jon Jackson  
General Manager

## **FROM THE TEAM AT B50**

### **Please Keep the Wildlife Wild!**

Evidence has been spotted throughout Sarcee Meadows indicating that some members are still feeding squirrels and/or other wildlife around Sarcee Meadows.

**Please do not feed any of the wildlife in the area! This includes squirrels, gophers, skunks, rabbits, coyotes, bobcats, and so on.**

Not only does this behaviour pose a risk to the animals when they become dependant on the food being left out, it also increases the likelihood of damage to our units and other members' property, i.e. sheds, gardens, flower boxes, etc. when the animals create nests or storage space.

**Bylaw Number 47M2021, being a Bylaw of The City of Calgary, respecting the Regulation, Licensing and Control of Animals in The City of Calgary states: "25. (5) A Person must not feed or lure Wildlife in the City."**

**Further to this, Schedule "C" of this same bylaw lists a *Specified Penalty of up to \$300.00* for feeding or luring of wildlife!**

**For more information visit the City of Calgary's "Wildlife and You" website here:**

<https://www.calgary.ca/csps/parks/planning-and-operations/wildlife-and-you.html>

**You may view the above noted Bylaw here:**

<https://publicaccess.calgary.ca/lldm01/exccpa?func=ccpa.general&msgID=RTeKAyKTgyY&msgAction=Download>



### **Parking, Parking, Parking!**

We continue to have a variety of parking issues being reported all over Sarcee Meadows.

**Visitor Parking Stalls:** Ongoing concerns are unreported visitors and members and/or non-member residents of Sarcee Meadows using the visitor parking stalls.

A reminder to everyone who currently resides at Sarcee Meadows, that the Parking Procedures state: *"Members and non-member residents are not allowed to use visitor stalls."* And also states: *"Chronic overnight use of the visitor parking stalls by one vehicle will be considered to be a violation of the parking policy."*

This means that anyone **living** in Sarcee Meadows **is not allowed** to use the **Visitor Parking Stalls**. As well, remember that visitors to your unit who may be using a visitor stall for an extended period of time should be reported to the office, and Visitor Parking Permits are required for visitors staying longer than 48 hours.

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

**B50 Parking:** Just a reminder, as noted in last month's General Manager's Report, that ALL the spaces in front of B50 are now employee-only parking between 7:00 am and 6:00 pm. The two stalls at the end can be used outside of those hours but any vehicle must be moved before 7:00 am.

Also to note, the stalls in front of B50 are considered a **"Tow Away Zone"** and are clearly indicated as such. Unauthorized vehicles parked in this zone between 7:00 am and 6:00 pm **will** be towed, with the recovery of said vehicle being at the vehicle owner's expense.

### **Office Hours & Holiday Closures**

Office hours are Monday to Friday, 8:30 am to 4:30 pm. Office staff can be reached by phone or email during business hours whether in the office

or working from home.

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



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# Our Retrofit

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*This column began as a Member Driven column, jointly supported by the Newsletter Committee and the Education, Involvement, and Awards Committee to help us all navigate through our Retrofit Project. Going forward this column will also be supplemented with updates, progress reports, and other information from Administration.*

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

*Submissions can be emailed to [RetrofitSMHC@gmail.com](mailto:RetrofitSMHC@gmail.com) or dropped off at the office marked "Our Retrofit".*

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

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

With work in Zone 4 nearing its end, this month's Retrofit information comes from sisters Megan Jovie and Laura Couch. Read on as they share what they learned during their Retrofit journey:

After several months of work on our four-bedroom unit, our renovation is nearly complete! All that's missing is the interior trim on windows and doors, as maintenance is working through that one unit at a time. We're looking forward to revitalizing our front and back yards once the snow melts and making the most of our new patio.

Here are a few things we learned along the way:

1. If you have pets that make having workers in the house difficult (like our 80lb mutt!), try to communicate with Mike and the folks facilitating construction as much as possible. If they know that you need to arrange care for your pet, they can try to mitigate last minute schedule changes more effectively. For us, that meant fewer days when we paid to put our girl in doggy daycare, only to come home and find that the work had been pushed to the next day.
2. Get ready to vacuum and sweep by your windows more often! In spots where the trim has been removed to make way for the new windows, you'll often find dust on the floor or furniture when there has been hammering on that wall. It is fairly easy to clean up - but if you have delicate furniture or items, consider moving them away from the windows.
3. Speaking of trim removal - if you find that the spaces by your doors or windows are freezing cold, or you can see light through the gap in the trim - let maintenance know! They can fix things to prevent heat loss.
4. When they say you should take things off shelves on exterior walls before construction begins, they aren't joking! We forgot a shelf and found a box of cereal halfway across the room one day.
5. With the new ERVs, furnace filters really do need to be changed a lot more often. If the filter gets too full, your furnace will automatically shut off to prevent gas build-up in the unit. That's dangerous in -20-degree weather! If your furnace does shut off, maintenance is great at quickly responding when you call the emergency line.

Even though it does take a long time, it is exciting to watch our neighbourhood be revitalized as the changes creep across it. On warmer days, try taking a stroll through our community - bonus points if you can start in the zones that haven't started, and work your way towards the units that have finished up. You can get a snapshot of every stage in the process.

# Committee Reports

## ENTERTAINMENT & SOCIAL EVENTS COMMITTEE

Dear Sarcee Meadows Community,

We hope everyone had a wonderful start to the year and that January treated you well! As we move into February, things are progressing with the retrofit, and we're excited about what's to come in 2025.

The Entertainment & Social Events Committee has been hard at work, planning a year of memorable, inclusive, fun events for our community. We're excited to announce that our events will look a bit different this year, and we hope the changes will make our gatherings even more special. We, we hope to see a great turnout as we come together to enjoy time with neighbours, make new memories, and strengthen our community bonds.

Stay tuned for future updates, as we'll be sharing more details soon. We look forward to spending time with all of you in the upcoming months!

Warm regards,

**\*\*Sarcee Meadows Entertainment & Social Events Committee\*\***

## CSI COMMITTEE

CSI hosted their first meeting of 2025 on January 22<sup>nd</sup>. The Committee is looking forward to a productive year. We've already begun to talk about this year's events and how we can encourage our senior residents to be involved. We always welcome your ideas and input.

A look back at our Holiday Celebration was very positive. Over 24 guests attended, and from all reports everyone enjoyed themselves. A special thanks to our office and maintenance crew who helped set up our room the day before.

We plan to meet again on March 12<sup>th</sup> at 1:00 pm in B50. This will be our re-organizational meeting after the AGM. We invite you to join our small but "mighty" committee. Give Janine a call or come by; you are welcome. Hope to see you!

## NEWSLETTER COMMITTEE

It is February already, and so far, our winter has been fairly good. The ice never seems to go away so be very careful when you are out and about, especially in the parking lots.

Some recipes and articles we have prepared for you are included in this issue. Please remember to send in any items that you would like to see included in the Newsletter.

This month we celebrate Family Day so take advantage of the day and spend it together with your family.



# Education & Awareness

## HIJAB AND ITS COMMONALITY

*Respectfully submitted by Farhath Siddiqui*

Every year, February 1<sup>st</sup> is celebrated as World Hijab Day. Since 2013, Nazma Khan has started this movement to raise awareness about the hijab and educate people from all cultures and religions, combating religious discrimination and promoting religious tolerance.

The hijab, commonly understood as a religious head covering, has been practiced by women of various religions and cultures for a long time. The practice of head covering or veiling for religious purposes is an integral part of all major monotheistic religions around the world. Women of different faiths wear head coverings for various reasons, and they should all be respected and accepted.

### **The Beauty of Hijab and Its Commonality in Different Religions:**

**Christianity:** The concept of the veil in Christianity is derived from Saint Paul's letters to the Corinthians written in the first century CE, where he states, that men should pray with uncovered heads but that women should have their heads covered as a sign of piety. However, veiling was not a new practice in early Christianity. For over 2000 years, women across the Mediterranean have worn a variety of veils. Early Christian women veiled their heads in church and in public to signify spiritual submission to God. Later, this symbolism transitioned to one of status and declined until the 19<sup>th</sup> and 20<sup>th</sup> centuries. Today, there are some Christian denominations where the practice maintains a significant status and, on certain occasions, remains mandatory. Wearing chapel veils (or mantillas) is considered sacred and symbolizes modesty and reverence for God's will.

**Judaism:** According to the Torah (Book of Numbers 5:18) and the laws of the Talmud, a woman who covers her hair signifies her submission to God. For some, this is seen as a sign of marriage and a mark of greater dignity. Additionally, it symbolizes piety and humility. A variety of hair-covering practices are observed or recommended. The term "sheitel" refers to the Yiddish word for a wig worn by some

Orthodox Jewish married women to comply with Jewish law regarding hair covering. This modesty-related dress standard is known as tzniut. Many married Orthodox Jewish women cover their hair both at home and in public.


**Islam:** In Islam, the concept of hijab (veil) is strongly emphasized in both dress and behaviour, particularly when interacting with the opposite gender. God Almighty commands in Surah An-Nur (24:30), "Tell the believing men and the believing women to lower their gazes and guard their chastity...." This is considered the "hijab of the eyes." The continuation of the verse states, "...and not (to) display their adornment except what is apparent of it, and they should place their khimar (the veil covering the head) over their bosoms...." And the verse continues to give the list of male relatives in whose presence the hijab is not required. Similarly, Quran 33:59 asserts, "O Prophet! Say to your wives, your daughters, and the women of the believers to draw over themselves their outer garments. That is more suitable so they should be known and not harmed." This command regarding clothing for women and men comes directly from the Quran and authentic prophetic teachings (Hadith). The veil is not a tool for shaming the female body or confining women to the private sphere; it is a powerful means of protection, dignity, respect, and empowerment, enabling women to actively participate in their communities. For Muslim women who choose to wear the hijab, it is a clear reflection of their faith, submission to God, and strong sense of identity.

**Amish:** Amish women proudly wear simple bonnets made from organdy, typically in white or black, as a representation of their faith and adherence to biblical scripture. These bonnets serve not only as a symbol of modesty but also as a reflection of their commitment to their religious beliefs. The women carefully tuck their long hair beneath these prayer coverings, which are an essential part of their daily attire. The bonnets are designed to be practical and unobtrusive, allowing them to carry out their daily


tasks with ease. They typically wear these head coverings throughout the day, only removing them in the privacy of their homes during the evenings, when they can relax without the constraints of their customary dress. This practice highlights their values of humility and devotion, while also fostering a sense of community and identity among them.

**Sikh:** In Sikhism, women's head coverings, whether a turban (dastar) or a dupatta, symbolize self-respect, dignity, and spiritual identity. Wearing a dastar expresses strength and a commitment to equality and justice, empowering women to embrace their identity confidently. The dupatta, often worn draped in various styles, embodies modesty and respect and is commonly used during religious ceremonies. Both head coverings highlight the vital role Sikh women play in their communities, as they uphold these traditions to challenge stereotypes and promote gender equality. Through this practice, they proudly assert their autonomy and spiritual commitment.

**Hinduism:** In Hinduism, the custom of covering one's head during prayers is particularly notable in Northern India, where it plays a more significant role compared to the Southern regions. Although this practice is not explicitly outlined in sacred Hindu scriptures, many practitioners hold it in high regard as a symbol of respect, gratitude, and deep humility in the presence of the divine. This tradition serves as an expression of cultural values, embodying a sense of modesty and reverence that reflects one's devotion and submission to a higher power. Through this simple act of draping a cloth over the head, individuals connect with a rich tapestry of beliefs that emphasize the importance of showing honour and humility in spiritual practices. Across most world religions, the common thread is that head coverings represent submission to the Creator, as well as modesty, dignity, and identity." Happy Hijab Day" to all women who confidently choose to embrace it!!!

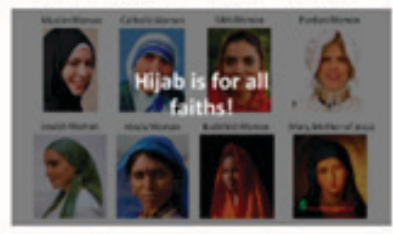


# Hijab



DIVERSITY IS NOT JUST ACCEPTED BUT CELEBRATED UNDER THE VEIL ACROSS BORDERS AND BELIEFS, THE HIJAB SYMBOLIZES STRENGTH, IDENTITY, AND SHARED VALUES OF MODESTY.

Embrace culture and modesty, hand in hand with the hijab



[www.towardspeace.net](http://www.towardspeace.net)  
1 844 Islam 00

ICNA Sisters Canada  
Islamic Circle of North America

### Links:

Khan, A. A. (2013, October 1). Comparative Concept of Veil (Hijab) In World Major Religions and Western Media: A Critical Study. <https://www.researchpublish.com/>

[https://www.researchpublish.com/upload/book/Comparative%20Concept%20of%20Veil%20\(Hijab\)%20In%20World%20Major%20Religions%20and%20Western%20Media-1669.pdf](https://www.researchpublish.com/upload/book/Comparative%20Concept%20of%20Veil%20(Hijab)%20In%20World%20Major%20Religions%20and%20Western%20Media-1669.pdf)

[https://www.researchgate.net/publication/311802525\\_Religious\\_Identity\\_Challenge\\_and\\_Clothing\\_Women's\\_Head\\_and\\_Hair\\_Covering\\_in\\_Islam\\_and\\_Judaism#:~:text=Head%2Fhair%20covering%20was%20seen,and%20social%20relations%20with%20men](https://www.researchgate.net/publication/311802525_Religious_Identity_Challenge_and_Clothing_Women's_Head_and_Hair_Covering_in_Islam_and_Judaism#:~:text=Head%2Fhair%20covering%20was%20seen,and%20social%20relations%20with%20men)

[https://www.headcovers.com/resources/hats-scarves/religious-head-coverings/?srsId=AfmBOoq1BWjd4Yxcu3yVzyIt0wyxJPZc86B8S0f\\_WFL2eNO08dKmnRaJ](https://www.headcovers.com/resources/hats-scarves/religious-head-coverings/?srsId=AfmBOoq1BWjd4Yxcu3yVzyIt0wyxJPZc86B8S0f_WFL2eNO08dKmnRaJ)



# The Tradition of Groundhog Day ❄️

Submitted by Theresa B

Groundhog Day is a fun and unusual holiday celebrated every year on February 2<sup>nd</sup>. It's based on an old belief that a groundhog can predict whether winter will end or be extended. If the groundhog sees its shadow, that means there will be six more weeks of winter. But, if he does not see his shadow, then spring is predicted to come early! But, why the groundhog? And where did this strange tradition come from?

## Weather Predictions

Back in the day, there were no modern weather forecasts that you could see on TV or on your cell phone. So, the people who lived back then had to find different ways to find out the weather forecast. They often looked for signs in nature. Animals, incredibly, can sense what weather will come over their territory or habitat. They often seek shelter if there are storms and run away from natural disasters hours before they even hit. So, if you spotted a bunch of animals seeking shelter, there likely is a storm headed your way. This is one of the reasons Groundhog Day started.

## Why The Groundhog?

So, we know that people back then needed new ways to predict the weather, but why does the groundhog predict it? Well, the birth of the tradition started in Europe, specifically in Germany. On February 2<sup>nd</sup>, like Groundhog Day, people celebrated Candlemas Day. On Candlemas, people believed that sunny weather would mean that winter would last longer, and cloudy weather meant that spring would come sooner. Germans, later, decided to start watching badgers to see if they would come out of their burrows. This is where the groundhog tradition came in, as they believed if a badger saw its shadow and returned to its burrow, winter would be extended six weeks. This tradition continued until Germans immigrated to Pennsylvania. They took the badger folklore with them, but they faced a problem. There were not many badgers in Pennsylvania. But, there were tons of groundhogs! And groundhogs worked perfectly for the tradition. They hibernated until February, were common in many areas, and were funner and cuter to watch.

## Why Not Other Animals?

Some places use different animals, but they do not always work.

- Hedgehogs are used in England but aren't as common in other places.
- Bears hibernate but wake up at different times of the year. Plus, observing a bear is much harder to do.
- Squirrels are another option, but most squirrels stay out all winter.
- Birds migrate to warmer places, but come back at different times each year, making them unreliable.

This caused the groundhog to be chosen!

Though the predictions of groundhogs are not always correct, it is still a very fun tradition that is celebrated across the world. This year Balzac Billy, Alberta's own groundhog, predicted early spring, though other groundhogs have predicted an extended winter.

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

- Theresa B



## **SPRING RITUALS & HARBINGERS**

*Respectfully submitted by Jenn Jenkinson*

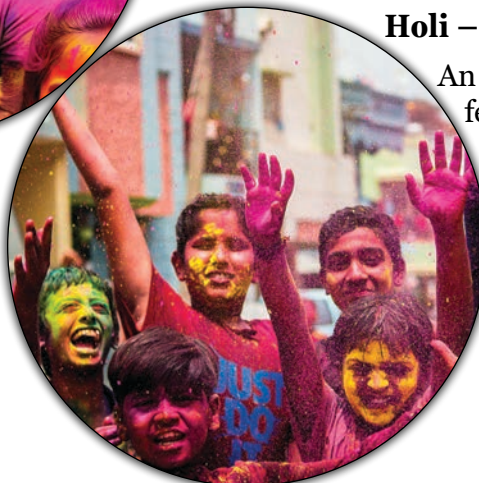
February is a fine time to start thinking about warmer weather to come. Traditionally a cold month here in Canada, we seem to love thinking ahead with hope for the coming of spring and its explosion of warmer weather, new life, and new horizons. When contemplating this article for our Connections, I thought it might be fun to explore a number of different spring rituals, festivals, and harbingers around the world. There are, of course, many more than what I have included here, but these were all great fun to learn more about. The wonder of learning about different celebrations, diverse cultures, and rituals is that we become more aware that in our differences there are such amazing similarities. Our hope and happiness in welcoming each new spring is one of those human qualities that make us all one people. Happy Spring All, it will be here sooner than we may imagine!

### **Groundhog Day – February**

February 2<sup>nd</sup> every year we all look to the groundhog to give us a forecast of when spring may be arriving. If the groundhog emerges from his den and sees his shadow, he will scurry back into hibernation as another six weeks of wintery weather is expected. But if the groundhog fails to see his shadow, then the warmer weather is just around the corner.

Groundhog Day finds its origins with the ancient Celtic celebration of Candlemas. In addition to celebrations for the twice-yearly equinoxes and solstices, Celtic tradition recognized cross-quarter days, those days that fell midway between the solstice and equinox. The early versions of Halloween and May Day are other celebrations that had their roots in Celtic lore.

Groundhog Day was brought to North America during the settlement of the continent by many folks that still held Celtic roots but was best known and celebrated by the Pennsylvania Dutch colonists.



### **Holi – The Festival of Colours – India – March**

An ancient Indian tradition, an outdoor festival which celebrates the coming of spring, the festival features bonfires, the throwing of coloured powder (called gulal), singing & dancing and consuming many treats and sweets. By the end of the celebration the participants are often covered head to toe in bright colours.





### Songkran – Thailand – April

The Songkran Festival celebrates the beginning of the Thai New Year and takes place during the hottest month of the year. In anticipation of the coming rainy season, celebrants wash away the old year and welcome in the new by gathering in the streets and throwing water at one another.

Buckets, Balloons or smaller bowls, there are so many ways to soak friends and family. Sounds like a lot of fun!



### Flower Parade of the Bollenstreek – Holland – April

Holland is well known for its amazing tulip fields that are a bright rainbow of colours every spring. So, it's unsurprising that the country celebrates the coming of spring with a huge Parade of floral floats decorated with tulips, daffodils, hyacinths & more, that winds through several villages. It takes millions of blooms to decorate these imaginative floats and folks can view them up close at the end of the parade.



### Pot Throwing – Greece – Easter Saturday

On the Greek Island of Corfu, Easter Saturday is a smashing fun holiday. The islanders celebrate the coming of spring by throwing clay pots of water out of windows which results in a loud thunderous cacophony of sound. This wild tradition is thought to ward off bad spirits and people often take shards home from the event as good luck charms for the coming year.

### Tivoli Gardens – Denmark – April

In the month of April, in celebration of spring's arrival, the world-famous Tivoli Gardens holds weekly pyrotechnic displays and hosts both indoor and outdoor concerts. In combination with the spectacular floral display, the Gardens are turned into a fairyland of sight and sound.





## Floriade – Canberra, Australia – Mid September – Mid October

Yes, in Australia spring comes along as we here are busy with falling leaves and pumpkin spice. Floriade is an annual Festival in Canberra featuring amazing artistic displays in living flowers which celebrate the arrival of spring in a dazzling array of displays called Art in Bloom.

Musical

entertainment and other live shows are included in this Celebration.



## Japan – Hanami Matsuri – Late March to Early May

Festivals, or matsuri, are Japan's way of keeping their culture, traditions, and spirituality alive. The Cherry Blossom or Sakura is the national flower of Japan and of spring. The flowers' emergence symbolizes the beginning of the spring. The Cherry Blossom Festival, known as Hanami Matsuri, celebrates the blossoming period and people from all over the world visit Japan to see the spectacle of dazzling blossoms.



## Western Europe – Maypole Dancing – May 1<sup>st</sup>

Dancing round the Maypole has been a long tradition in many Western European countries. However, its origins are somewhat uncertain. Some historians suggest it came from Germany and was eventually imported to Britain by invading groups, while others suggest that it originated in Britain and was exported to the European continent from there.

The Maypole is decorated with flowers and long ribbons to represent

a tree, and the dancers weave their ribbons together as they make their way round the pole. The ritual of the Maypole has been seen as a blessing for fertility of both the crops and the dancers. It has been associated with Wiccans and other pagans but by and large seems to be a rural welcoming of spring and new life.







## **BEAVERS**

*Respectfully submitted by Wendy Thomson*

Beavers play a particularly crucial role in the health and vitality of the ecosystem. These industrious creatures have a remarkable ability to shape their

environment, contributing to water storage, creating habitats, and enhancing biodiversity.

Beavers are found all over Canada, but the largest population of beavers can be found in B.C. They like to occupy slow-moving streams which they promptly modify with dams and lodges of their own construction. Worldwide, about half of the population of beavers live in Russia.

Beavers became the official symbol of Canada on March 24, 1975, when the National Symbol of Canada Act received royal assent.

Beavers are extremely gentle and highly intelligent animals. They can live 10 to 12 years living in the wild and as long as 19 years in captivity. They continue to grow through their lives and may reach 3 to 4 feet long, including the tail.

Beaver's teeth contain iron-rich enamel which explains the orange color. Their diet consists of dried leaves, inner bark and twigs of deciduous trees and shrubs. Their ears, nose and mouth can be closed underwater for up to 15 minutes due to their ability to efficiently transfer oxygen from the lungs to the bloodstream and to tolerate a build-up of carbon dioxide in the body.

Causes of death are severe winter weather, winter starvation, disease, and fluctuations and floods and falling trees. Wolves, coyotes, bears, lynx and wolverines have been known to prey on beavers. Humans remain the major predators of beavers.

A beaver dam/beaver impoundment is a dam built by beavers. It creates a pond which protects against predators such as coyotes, wolves and bears and holds their food during the winter.

A minimum water level of 2.0 to 3.0 feet is required to keep the underwater entrance to beaver lodges from being blocked by ice during the winter. Beavers start construction by diverting the stream to lessen the water's flow pressure. Branches and

logs are then driven into the mud of the stream bed to form a base. Then sticks, bark, mud, grass, leaves, masses of plants and anything else available are used to build the super structure. Once the dam has flooded enough area to the proper depth to form a moat for the lodge, the beavers begin construction of the lodge which often covers many acres.

Trees approaching a diameter of 3.0 feet may be used to construct a dam although the average is 3.9 to 11.8 inches. It takes a beaver about 20 minutes to cut down a 5.9-inch-wide aspen by gnawing a groove. A beaver's jaws are powerful enough to cut a 0.59-inch sapling in one bite. Beaver dams typically range in length from a few meters to about 100 meters (330 feet). Canals can be over 0.5 kilometers (1,600 feet) long.

Within each lodge beavers will hollow out a chamber where they sleep, eat, groom each other, and their babies (called kits) are nursed each spring. Beavers will hit their tails on the water to signal to their family members that danger is present. Beavers are territorial animals and use this characteristic alert to warn that a human, predator, or even a bear is near their territory.

Beavers hate the sound of running water. It makes them think there could be a leak in their dam. If they hear running water, they will work all day to find the leak and repair it.

Because of their adaptability and persistence, beavers are very difficult to control. Beavers can become extremely destructive in some environments, making proper beaver management necessary. Beaver attacks on humans or domestic pets are relatively uncommon but are becoming more frequently reported as it is more common for humans to enter and disturb the natural habitat of the animals.

Here is a little-known fact: wild beavers love peanut butter and jelly sandwiches! I wonder if any of them have an allergy to peanuts?



## **MADE IN CA**

The rising costs in groceries and other products has been an increasing concern for some time now. To add to these concerns we are once again facing the possibility of added tariffs on top of many already costly items. This info graphic has been making the rounds and we thought it could be helpful to our members.

Also, in an effort to help Canadian consumers, [madeinca.ca](https://madeinca.ca) has come to our rescue!

From their [“About Us”](#) page:

*“Made in CA was founded in 2018 out of frustration with the tariff battles with the U.S. and the unfair practices of other trade partners. As Canadians, we wanted to take action. That’s why we started compiling a list of products and services made in Canada—so consumers could feel confident that their dollars were making the greatest possible impact on the Canadian economy.”*

Be sure to check out their Made in Canada Grocery Guide here: <https://madeinca.ca/grocery-store-guide/>

Category	Brand to Avoid	Try These Canadian Alternatives
<b>Dairy Products</b>		
Cheese, Dairy	Kraft	Saputo, Black Diamond, Armstrong
Cream Cheese	Philadelphia	Lactantia, Tre Stelle, Agropur
Yogurt	Yoplait	Astro, Olympic, Liberté
Butter	Land O'Lakes	Lactantia, Natrel, Gay Lea
<b>Soft Drinks &amp; Beverages</b>		
Cola	Coca-Cola, Pepsi	Canada Dry, PC Cola, Great Value (Walmart)
Juice	Tropicana	Oasis, SunRype, Arthur's
Sports Drinks	Gatorade, Powerade	BioSteel (Canadian sports drink)
Bottled Coffee Drinks	Starbucks	Tim Hortons, Second Cup ready-to-drink beverages
<b>Packaged &amp; Snack Foods</b>		
Chips	Lay's	Old Dutch, Covered Bridge, Hardbite
Tortilla Chips	Doritos, Cheetos	Neal Brothers, Hardbite
Cereal	Kellogg's	Nature's Path, Barbara's, Quaker (some Canadian-made)
Cookies/Crackers	Nabisco	Dare, Leclerc, Voortman
Soups	Campbell's	Habitant (by Loblaw's), President's Choice soups
Ketchup/Sauces	Heinz	French's (Canadian-made), President's Choice
<b>Meat &amp; Processed Foods</b>		
Deli Meats	Oscar Mayer	Maple Leaf, Schneiders, Pillers
Bacon, Ham	Hormel	Olymel, Grimm's
Chicken Products	Tyson Foods	Lillydale, Maple Lodge Farms
Plant-Based	Beyond Meat	Yves Veggie Cuisine, Gardein
<b>Condiments &amp; Sauces</b>		
Mayonnaise	Hellmann's	President's Choice, Compliments
Mustard	French's	Kozlik's, President's Choice
Salad Dressing	Hidden Valley	Renee's, Kraft (Canadian-made varieties)
Hot Sauce	Tabasco	Dawson's, Piri Piri by PC, No Name hot sauce
<b>Baking Products</b>		
Flour, Baking Mixes	Pillsbury	Robin Hood, Five Roses, Compliments
Cake Mixes	Betty Crocker	President's Choice, No Name
Chocolate Chips	Hershey's	Camino, Laura Secord, PC chocolate chips
Sugar	Domino	Redpath (Canadian brand)
<b>Frozen Foods</b>		
Vegetables	Green Giant	Arctic Gardens, Compliments, No Name
Frozen Meals	Stouffer's	President's Choice, M&M Food Market
Waffles	Eggo	Nature's Path, President's Choice
Frozen Pizza	DiGiorno	Dr. Oetker (some made in Canada), President's Choice
<b>Coffee &amp; Tea</b>		
Coffee	Starbucks	Tim Hortons, Second Cup, Van Houtte
Coffee (Ground)	Folgers	Nabob, Kicking Horse Coffee
Tea	Lipton	Red Rose, Tetley (some products Canadian-made)
Coffee Creamers	Nestlé	International Delight (Canadian-made), Beatrice
<b>Personal Care Products</b>		
Toothpaste	Colgate	Green Beaver, Tom's of Maine (some Canadian-made)
Soap, Shampoo	Dove	Live Clean, The Green Beaver Company
Shampoo	Head & Shoulders	Attitude, The Unscented Company
Razors, Shaving Cream	Gillette	Schick (some Canadian-made), Personna



# Just For Fun!

*Recipes respectfully submitted by Margaret Van der Meer*

## Potatoes Pizzaiola

### Ingredients:

- 4 medium potatoes, peeled
- 4 medium onions, quartered
- 1 large tomato, diced
- ¼ tsp oregano
- 2 tbsp oil
- ½ tsp salt
- ¼ tsp pepper

### Directions:

1. Cut potatoes lengthwise in eighths.
2. Combine all ingredients in a baking dish, mixing well.
3. Bake at 350°F for 1 to 1 ½ hours, or until potatoes are cooked through. Stir once or twice during baking time.



## Spinach Salad

### Ingredients:

- 3 cups torn spinach, washed and dry
- 1 cup fresh mushrooms, sliced
- 1 naval orange, peeled and cut into cubes
- 10 cherry tomatoes, halved
- Sliced stuffed olives, to taste

### Directions:

1. Toss all together with Italian Dressing just before serving.

## Apple Yam Casserole

### Ingredients:

- 2 medium yams
- 3 large apples
- 1 cup sugar
- 4 tbsp cornstarch
- 1 tsp salt
- 2 cups boiling water
- ½ cup margarine

### Directions:

1. Precook yams.
2. Alternate layers of sliced yams and sliced apples in a buttered casserole dish.
3. Make sauce by mixing dry ingredients and boiling water a little at a time. Cook sauce until thick.
4. Remove from heat and add margarine (or butter) and stir until melted.
5. Pour sauce over yams and apples in casserole dish.
6. Bake at 350°F for about an 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:

**PFAFF Hobbylock 4752 with differential feed.** It was left to me by a relative but sadly I do not sew, nor wish to learn. The instruction manual has been lost, but a digital form of it can be ordered from Etsy for around \$25.00. It comes complete with a carrying bag and 16 full spools of assorted coloured thread. I am asking for \$150.00 for this serger/sewing machine. If interested, please call: 403-242-3438.



I am also selling an older model ProCraft Cricut bought from Michaels. It has been taken out of the box but never used. The attachments, instruction booklet and font cartridge are still in the original packing bags. Asking \$100.00 or a decent best offer will be considered. Call 403-242-3438.

## Super Scoopers:

Kody: 403-510-4139

Facebook: superscoopers

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

Services:

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



## 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.



## House Cleaning / Baby Sitting

I am a new member to Sarcee Meadows and would like to help others by providing House Cleaning and/or Baby Sitting Services.

Please call Shukrije Sylejmani at 403-971-6438 for more information.



## 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](mailto:romaindomain@shaw.ca)



## Knife Sharpening:

\$5.00 per knife

Bill (D251) 403-875-4096

Make sure that your knives are up to the task.



**Fox Painting Ltd:**

Interior and exterior applications, wood finishing. Staining, Spray painting. Surface preparation, including scraping, sanding, caulking,

masking as well as minor drywall repairs.

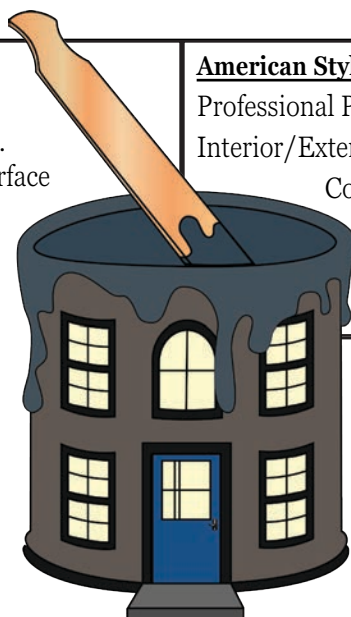
Experience with enamels, epoxies, latex, stain, and varnishes. Applications by roller, brush, and spray gun. Residential and Commercial.

Contact Derek Adamski for a quote.

Office Phone – 403-203-4044

Cellphone – 403-616-7044

Email [derekadamski@shaw.ca](mailto:derekadamski@shaw.ca)

**American Styles Painting LLC:**

Professional Painting Services

Interior/Exterior Painting

Commercial & Residential

Gramoz Halili

Phone 403-909-4223

[gramozhalili@hotmail.co.uk](mailto:gramozhalili@hotmail.co.uk)

**Painting or Staining:**

Need to refresh your space? One room or every room? Fences and decks stained or painted?

Reasonable prices – 35 years' experience.

Call Peter (C212) Sraightline Painting

403-998-3959

**AL Painting**

Professional Painting Services

Agostin Luca

Phone 403-973-4497

**Healing Intentions:**

Energy/Crystal Healing

Psychic/Mediumship

Card Readings

Crystal Grids

Personalized Crystal Kits

Book a Party

Organizational Assistant – organize your space to help energize the flow of your home and life.

Shelly 403-660-2045 – References upon request

**Pet Sitters for Dogs & Cats:**

Willing to pet sit at our unit for short term trips when you can't take your loving pet with you. Sorry no birds as I have allergies.

Daily rate \$25

Shelly 403-660-2045 – References available upon request as I have done this for 4 years.

**Pharmacy Assistance:**

Dear neighbours,

My name is Shereen Elsayad, and I live in F396. I am currently the Alberta College of Pharmacy councillor for District 5. Throughout my almost 20 years of practice as a pharmacist, Certified diabetes educator, certified for travel health(immunization), and currently working on my certification in hypertension management, I have built valuable and lasting relationships with my patients (especially seniors), and I became well aware of all their struggles. I finally decided to start my own pharmacy and to start some unique services for my own neighbours tailored to their needs.

Have you ever had any problem with drug coverage that you didn't know what to do or how to deal with?

Have you ever struggled to pay for your medications because it's not pay day yet?

Do you need someone to stop by and pick up your prescription and deliver to your door (no charge for delivery)?

Do you need to get a vaccine like shingles vaccine or pneumonia vaccine, but you cannot afford to pay it all at once?

Do you want me to check your blood pressure or maybe you would like to rent a BP monitor for a week or 2 to monitor your blood pressure?

Do you need refills, but you can't get hold of your doctor?

Do you have any questions or confused about your medications, blood work or your health in general?

Did you ever need to go to the pharmacy or the doctor's office only to get a medication injected?

If you answer yes to any of the above questions, please do not hesitate to call me. You don't have to transfer your prescriptions to my pharmacy if you don't want to. Just let me help you with what you need.

I am your neighbour, and I am only one phone call away at Revive Pharmacy 403-764-8020 or through my home number listed in the SMHC Directory.

Regards, Shereen

# Calendar

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>FEBRUARY 9</b>	<b>10</b> ENTERTAINMENT & SOCIAL EVENTS @ 7:00	<b>11</b>	<b>12</b> MEMBERSHIP @ 7:00	<b>13</b> ANNUAL GENERAL MEETING @ 7:00 GRACE LUTHERAN AND ONLINE	<b>14</b>	<b>15</b>
<b>16</b>	<b>17</b>	<b>18</b> FINANCE @ 6:00	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b> BOARD OF DIRECTORS @ 6:30	<b>28</b>	<b>MARCH 1</b>
<b>2</b>	<b>3</b> NEWSLETTER @ 7:00	<b>4</b>	<b>5</b> PROPERTY MAINTENANCE @ 5:00	<b>6</b> NEWSLETTER SUBMISSION DEADLINE	<b>7</b>	<b>8</b>
<b>9</b>	<b>10</b> ENTERTAINMENT & SOCIAL EVENTS @ 7:00	<b>11</b>	<b>12</b> MEMBERSHIP @ 7:00	<b>13</b> EDUCATION, INVOLVEMENT & AWARDS @ 6:30	<b>14</b>	<b>15</b>
<b>16</b>	<b>17</b> FINANCE @ 6:00	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b> BOARD OF DIRECTORS @ 6:30	<b>28</b>	<b>29</b>
<b>30</b>	<b>31</b>	<b>APRIL 1</b>	<b>2</b> PROPERTY MAINTENANCE @ 5:00	<b>3</b>	<b>4</b>	<b>5</b>
<b>6</b>	<b>7</b> NEWSLETTER @ 7:00	<b>8</b>	<b>9</b> MEMBERSHIP @ 7:00	<b>10</b> NEWSLETTER SUBMISSION DEADLINE  EDUCATION, INVOLVEMENT & AWARDS @ 6:30	<b>11</b>	<b>12</b> REGULAR GENERAL MEETING @ 10:00 GRACE LUTHERAN AND ONLINE
<b>13</b>	<b>14</b> ENTERTAINMENT & SOCIAL EVENTS @ 7:00	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>



# Contact Information

## **OFFICE AND SHOP CONTACTS**

### OFFICE AND SHOP HOURS

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

Office and Shop are closed Saturday and Sunday

OFFICE PHONE NUMBER: 403-246-2746

OFFICE FAX NO: 403-240-4333

### Extensions:

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

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

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



### After Hours Emergency Maintenance:

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

### After Hours Emergencies refer to:

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

## **COMMITTEE CONTACTS 2024-2025**

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

Chair: Hilda Mohr  
Board Liaison: Musu Dadi

### **Elections**

Chair: Marie Forester

### **Finance**

Chair: Christine Langford  
Board Liaison: Jeremy Hart

### **Governmental Elections Information**

Chair: Astrid Deslandes  
Board Liaison: Azhar Manzoor

### **Membership**

Chair: Farha Fatima  
Board Liaison: Wendy Wilson

### **Property Maintenance**

Chair: Al Wright  
Board Liaison: Azhar Manzoor

### **Temporary Committees & Task Forces**

#### **Bylaw Review Task Force**

Board Liaison: Kelly Edwards

### **Education, Involvement, & Awards**

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

### **Entertainment and Social Events**

Chair: Abby Way  
Board Liaison: Rebecca Breland

### **Governance & HR**

Chairperson: Rebecca Breland

### **Grievance & Resolution**

Chair: VACANT

### **Newsletter**

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

Committees can be contacted through Janine Bell by emailing [janine@sarceemeadows.coop](mailto:janine@sarceemeadows.coop) or calling 403-246-2746 Ext. 102.

#### **Retrofit Task Force**

Board Liaison: Wendy Wilson

