



**Your SMHC Newsletter**

# Connections

**March 2025**

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### **Land Acknowledgement**

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

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

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





## **BOARD OF DIRECTORS REPORT**

Happy St. Patrick's Day, Blessed Ramadan, Holi, and Purim.

We have all just had a taste of Mother Nature's plans for the month of March. Don't put the winter gear away yet, there is more to come.

Welcome to the Board, our new Directors, Raeleen Trebicki, Lorene Klippert, and Attila Bardos. We are looking forward to working with you. Again, many thanks for the time, work, and ideas from Kelly, Musu, and Chris. You will be missed. Please understand that, like the members who volunteer on our many Committees, the SMHC Board is filled with volunteers as well.

Construction is moving along as steadily as possible. Thank you to you, our members, for being patient as each new phase of the project moves along. If you have concerns, please contact the office, and make a polite enquiry, so it can be forwarded to the person responsible.

With the weather changes, it has been noticed that some members have not been responsible for cleaning up after pets while walking. SMHC is not an off-leash area for dogs, roaming cats, and members not cleaning up after their pets. It is our home, and no one wants to deal with their neighbours' lack of care and concern. Also, understand that there are both City Bylaws and SMHC Policies that carry fines from \$100 to \$500 if reported. There is an off-leash area located on 37<sup>th</sup> Street across from the H Parking lot, please use it.

Parking! Parking! Parking! As always there is a concern about parking problems and members thinking they can park wherever they want. Each of our units has a designated parking stall and some members are fortunate to have a rental stall. Please make sure you are using your stall and your stall only. Also, visitor parking stalls are just that ... VISITOR PARKING STALLS!!! If you live in SMHC you are not a visitor. There are stiff fines if you are caught parking anywhere but where you should be. If you are in need of a second stall, please contact the office and you will be put on a waiting list.

Parking in fire lanes is also becoming a problem as well. Parking in fire lanes is prohibited and is for emergency vehicles only. Anyone can report this violation to the City of Calgary Parking Authority and have a vehicle ticketed and towed.

A quick reminder that housing charges will be changing on May 1<sup>st</sup> based on the new formula of paying per square foot. If you have questions or require housing assistance, please respectfully contact the office and they can help answer any questions that you may have.

Lastly, SMHC is a diverse community where we do not tolerate harassment of our office and maintenance personnel or our members. Please treat everyone the way that you would like to be treated.

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

## **GENERAL MANAGER'S REPORT**

I'm beginning to think that Balzac Billy might have it right and we are in for an early spring (madly knocking on every piece of wood I can find). The weather over the last two weeks has been great and a nice change from the bitter cold we had. Better weather also helps the retrofit. You have probably noticed more roofers and siders on site in the last couple of weeks. CANA and their team are slowly starting to make up for some of the lost ground we faced.

It was great to see such a large turnout at the AGM. 286 units were represented at the meeting, which is a record turnout. Once again each of you showed your commitment and belief in Cooperative Principle 2 – Democratic Member Control.

Thank you to everyone who put their names forward as nominees. Without members willing to stand for election, Sarcee Meadows would not be the great community we have built.

Congratulations to the three new Board members, Lorene Klippert, Attila Bardos, and Raeleen Trebicki. I look forward to working closely with you over the next few years. Also, the Board of Directors have held their annual re-organization meeting. Our new officers for 2025 are:

Chair of the Board – Krystal Dafoe  
Vice Chair – Megan Jovie  
Corporate Secretary – Rebecca Breland  
Treasurer – Jeremy Hart

The other important piece that came out of the AGM was of course the change in the formula for housing charges. This change brings equity, fairness and transparency to how housing charges are calculated each year. The formula goes into effect as of May 1, 2025, and will be used in future budget cycles. As of May 1<sup>st</sup>, the housing charges will be:

|                 |            |
|-----------------|------------|
| 2 Bedroom       | \$1,039.42 |
| Small 3 Bedroom | \$1,175.63 |
| Large 3 Bedroom | \$1,262.60 |
| 4 Bedroom       | \$1,389.38 |

Please remember that our housing charge assistance program is available to assist any member who is currently paying more than 30% of their gross household income in housing charges. If you are unsure or would like to learn more about the program, please contact Cathy or me.

Enjoy the weather. Get outside.  
And if you are like me, fire up your BBQ or your smoker!

Ramadan Mubarak.

Thank you,

Jon Jackson  
General Manager



# Committee Reports

## ENTERTAINMENT & SOCIAL EVENTS COMMITTEE

### **Get Ready for an Epic Year of Events!**

The Events & Social Committee has been working hard behind the scenes to finalize the details of 2025 Events. Please mark your calendars! We can't wait to see you and spend time as a community!

Here's a sneak peek at what we've got in store for you this year:

### **Stampede Breakfast – Saturday, July 12<sup>th</sup>, 2025**

9:00 am to 11:00 am

Yeehaw! Start your day off with a delicious Stampede Breakfast. Pancakes, Sausages, Coffee, and Juice will be served up to get you in the spirit of the Stampede!

### **Stampede Adult ONLY Social – Saturday, July 12<sup>th</sup>, 2025**

7:30 pm to 11:30 pm

The fun doesn't stop after breakfast! Get ready to party at our Stampede Adult ONLY Social! It's the perfect way to unwind and enjoy the evening with friends and fellow community members. Bring a chair and your dancing boots - There will be music, and of course, plenty of laughs. Don't miss it – this is THE event to be at!

### **Summer Cultural Event & BBQ – Mid-August, Date/Details TBD**

Many of our SMHC members and residents have fond memories of the Cultural Event & BBQ we held a few years ago and still love to talk about it today. Well, get ready, because we hope to do that again this year!

### **Halloween Event – Friday, October 31<sup>st</sup>, 2025**

Get ready for a spooktacular time! Our Halloween event is going to be full of tricks, treats, and thrills! It's the perfect opportunity to dress up, have fun, and show off your spooky spirit!

### **No Lawn Sale This Year**

Due to ongoing retrofit construction in our community now reaching Sarcee Road, we won't be hosting the Lawn Sale this year. We know it's always a favourite, but don't worry—it'll be back next year!

We can't wait to celebrate with you all in 2025! Stay tuned for more details and get ready for an unforgettable year of fun, laughter, and community spirit.

Best regards,

**The Entertainment & Social Events Committee**



## NEWSLETTER COMMITTEE

March brings in the sounds of spring and a new energy, not only in nature but also in the neighbourhood.

We recently welcomed a new member Laura Couch to our team! Our Newsletter Committee often gains new members, and with them, new ideas and dynamic meetings take place.

Janine Bell, the Committee & Volunteer Coordinator, ambitiously illustrates each issue of "Connections" by searching the vast world of Creative Commons images, exploring the incredible AI possibilities, and combining them with her artistic talents.

As a result, it is such a pleasure to see our newsletter looking cheerful and fun and reflecting the entire SMHC complex's new looks.

Members, please keep in mind that you are welcome to share any news or interesting articles with the rest of our village by sending them to [janine@sarseemeadows.coop](mailto:janine@sarseemeadows.coop).

*Respectfully submitted by Slawa Gruszczynska*



# Education & Awareness

## LOVING OUR LOCAL WILDLIFE

### Why Feeding Squirrels Is a Bad Idea (and How to Enjoy Birds Safely)

*Respectfully submitted by Janine Bell*

We all love seeing the playful antics of squirrels and the delightful presence of birds in our neighbourhoods. The bushy tails and acrobatic leaps of the squirrels or the feathery swoops and melodious songs of the birds add a touch of nature to our daily lives. It's tempting to toss squirrels a few peanuts or seeds, especially when they look up at us with those seemingly pleading eyes, or to fill bird feeders with ample seed. However, as much as we enjoy their presence, feeding squirrels can actually do more harm than good, particularly when it comes to property damage and even attracting other unwanted guests. It's also important to follow safe practices when feeding our local birds.

Here's why:

#### Dependency and Overpopulation:

- Regular feeding creates a dependency on humans for food. This can lead to squirrels becoming less skilled at foraging for their natural food sources, like nuts, seeds, and insects.
- An easy food supply can also contribute to overpopulation. An increased squirrel population directly correlates with an increase in property damage.

#### Increased Property Damage:

- **Chewing:** Squirrels' teeth constantly grow, and they need to gnaw on hard materials to keep them trimmed. When human food sources are unreliable or insufficient, they turn to other options. This often includes:
  - **Electrical Wires:** Chewing on wires can cause power outages and even fires.



- **Wooden Structures:** Decks, fences, and even home siding can become targets for their gnawing.
- **Vehicle Wiring:** Parked cars are not safe. Squirrels will get into engines and chew wires.
- **Nesting:** Squirrels seeking shelter may find their way into attics, crawl spaces, and sheds. Once inside, they can cause significant damage by:

- Tearing up insulation for nesting material.
- Leaving droppings and urine, which can create unsanitary and odorous conditions.
- Creating holes in roofing or siding to gain access.



#### • **Gardens and Landscaping:**

- While squirrels naturally forage for nuts and seeds, human-fed squirrels become bolder and more aggressive in their search for food. This can lead to the destruction of flowerbeds, vegetable gardens, and even newly planted trees.
- They will dig up bulbs and other plants.
- To prepare for winter squirrels often create food caches, which are underground stockpiles of nuts and seeds. A single grey squirrel can create several thousand buried caches each season! These can tear up lawns, gardens, and flowerpots in multiple places. Plus burrowing and debarking during warmer seasons can damage trees, cause mounds that damage lawn equipment, and create tripping hazards

#### Behavioural Changes:

- Habituated squirrels can become aggressive when seeking food. They may approach people more boldly, potentially biting or scratching if they feel threatened or if food is withheld.



- The risk of squirrels entering homes increases when they are fed by humans. They might follow the scent of food into open doors or windows or find their way into attics or basements. Once inside, they can become trapped, leading to panicked behaviour and confrontations with humans attempting to remove them. This can result in bites, scratches, and the spread of disease. Also, the stress of being trapped can be extremely dangerous for the animal.

### **Health Concerns (For us and them!):**

- Human food is not nutritionally balanced for squirrels. Processed foods, like chips, crackers, and bread, lack the essential nutrients they need and can lead to health problems.
- Squirrels fed by humans are more likely to congregate in one area, increasing the risk of spreading diseases like mange and parasites.
- **Squirrel Diseases:** Squirrels are known to carry numerous diseases, some of which are dangerous to humans:
  - **Salmonellosis:** Salmonella is a bacteria found in squirrel droppings. Symptoms typically appear 12 to 72 hours after exposure and can include diarrhea, abdominal cramps, fever, nausea, vomiting, and headache. In some cases, complications such as dehydration, sepsis, and meningitis may occur.
  - **Ringworm:** This highly contagious fungal infection usually spreads through direct or indirect contact with an infected person or animal. An infected squirrel in your shed or home can contaminate a variety of objects and surfaces like floors, towels, furniture, and clothing. Ringworm symptoms include a red, scaly, ring-shaped rash. Ringworm is itchy and can become blistered and peel.
  - **Leptospirosis:** This bacterial infection causes fever, headache, vomiting, jaundice, and rash and is contracted through contact with the urine of infected animals or by eating or drinking contaminated food or water.
  - **Rabies:** Squirrels can carry the rabies virus, which causes inflammation of the brain and spinal cord. Though rare, sometimes squirrels pass the rabies virus to humans via biting or scratching. Symptoms include agitation, aggression, seizures, fever, and muscle twitching.

- **Squirrel Parasites:** Other diseases squirrels transmit to humans come from the various parasites they carry. Rife with parasites such as fleas, ticks and mites, squirrels living in proximity to homes frequently pass these tiny pests on to both humans and pets.

### **Ticks can spread diseases like:**

- **Lyme Disease:** Spread by the ticks that squirrels can carry, symptoms include nerve pain, stiffness, and inflammation of the brain or spinal cord. Fever, headaches, fatigue, and muscle and joint aches are also common symptoms of Lyme disease. When contracted, there is often a bull's eye rash that appears at the tick bite.
- **Rocky Mountain Spotted Fever:** This illness displays symptoms such as a high fever that can last for weeks, a severe headache, fatigue, nausea, a rash on arms, legs, and ankles, and swelling around the eyes and on the backs of hands.
- **Tularemia:** This is an infectious disease that attacks the skin, eyes, lymph nodes, and lungs. Symptoms of tularemia include fever, chills, muscle tenderness, sore throat, headache, ulcers, stomach pain and bleeding, nausea, and lack of energy.

### **Flea-borne diseases include:**

- **Plague:** While rare, plague causes fever, chills, muscle aches, sore throat, vomiting, and painful lymph nodes.
- **Flea-borne Typhus:** Common symptoms of this disease include fever, headache, muscle aches, rash, and nausea.
- **Cat Scratch Disease:** A red, blister-like sore appears at the site of the injury. Other symptoms include fever, fatigue, swollen lymph nodes, and overall discomfort.

Tularemia, typhus, and plague have symptoms that mimic the flu and can be deadly when left untreated. Such diseases are transmitted through bites, scratches, or other forms of direct contact with infected squirrels such as breathing in particles of the animal's excrement. Monitor for symptoms and seek medical attention after coming in contact with squirrel urine or feces.

### **Impact on Natural Ecosystems:**

- Squirrels play a role in seed dispersal, but an



overabundance can disrupt the natural balance of the ecosystem.

- By artificially increasing their population, you can decrease the number of resources available for other local wildlife.

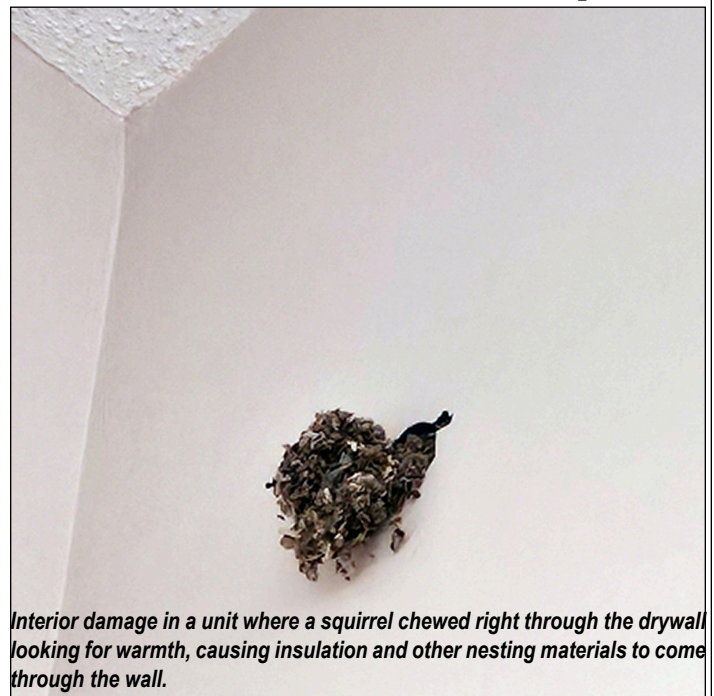
### **The Mice Connection:**

- Food left out for squirrels, or excessive food left out for birds leading to spilled seeds and nuts, creates an ideal food source for mice.
- Easy food sources lead to increased mice populations around your property, increasing the risk of infestations and further property damage.
- Much like squirrels, mice contribute to property damage by chewing on wires, insulation, and other materials.
- Mice seeking shelter may also find their way into attics, crawl spaces, and sheds. where they can cause significant damage and health risks by creating nests, leaving droppings and urine, and creating holes to gain access.
- Mice also carry a variety of bacteria and other disease organisms, which they spread by leaving their feces and urine around houses. Like squirrels, mice can also transmit Salmonellosis and Leptospirosis to humans. Other diseases that are directly transmitted by mice are:
  - **Hantavirus:** The viral organisms that cause Hantavirus can be inhaled along with dust particles while cleaning up or when coming into direct contact with droppings and urine where deer mice and white-footed mice have lived and built nest sites. Early symptoms of Hantavirus include fever, headache and muscle pain. If the disease goes untreated, more serious symptoms such as severe coughing, fluid in the lungs and possible death can occur.
  - **Lymphocytic Choriomeningitis (LCM):** This a viral disease that affects mice and can also be transmitted to humans if inhaled along with dust particles while cleaning up or when coming into direct contact with droppings and urine. The common House Mouse (*Mus musculus*) is the primary carrier of the disease. Symptoms include fever, malaise, muscle aches and weakness, loss of appetite, headache, nausea, vomiting, cough, sore throat, and joint pain. LCM can be serious for people with weakened immune systems and pregnant women

as infection during pregnancy may cause miscarriages or congenital malformations.

### **What Can We Do Instead?**

- Enjoy them from a distance: Observe the natural behaviour of squirrels without interfering with or feeding them.
- **Protect your property:**
  - Put in a work order to have tree branches trimmed if they have grown too close to the roof and siding.
  - If you notice any potential entry points into your home, or any other signs of damage caused by squirrels or other rodents, put in a work order to have them sealed or repaired.



*Interior damage in a unit where a squirrel chewed right through the drywall looking for warmth, causing insulation and other nesting materials to come through the wall.*

- Use wire mesh to protect vulnerable areas, such as gardens and electrical wiring.
- **Secure your trash:** Avoid unintentional feeding of squirrels (and mice!) by ensuring any garbage cans in your yard are tightly sealed and promptly dispose of all food waste in the red organic recycling bins.

### **Enjoying Birds Safely:**

While feeding other wildlife is discouraged, bird feeders are an exception as birds don't become dependent on feeders. Instead, birds will incorporate feeders into a route that also includes their natural resources. That said, keeping these tips in mind can help in enjoying our local birds while avoiding any negative impacts.



### • **Birdfeeders:**

- Only feed birds using bird feeders. Do not spread birdseed on the ground or the top of sheds or other structures.
- Choose smaller feeders that are washable, minimize seed spillage, and have a cover to protect the food from unwanted animals.
- Clean feeders regularly with soap and water, and occasionally with a diluted bleach solution, to prevent the spread of disease.
- Bird feeders should be placed less than one metre or more than 10 metres away from buildings to minimize the risk of window collisions. However, it is also important to place feeders away from structures to minimize potential damage from bird droppings and to discourage squirrels.
- **Per the SMHC Pest Control Policy:** To discourage excessive populations of pests (mice, squirrels, etc.) members are permitted to have only ONE small bird feeder, not to exceed 30cm (12 inches) in height, in their front or back yard, not both.

### • **Birdbaths:**

- Provide fresh, clean water daily.
- Clean birdbaths regularly to prevent algae growth and mosquito breeding.
- Place birdbaths in open areas, away from dense brush that could conceal predators.
- **Choose appropriate seed:** Different birds prefer different seeds. Research what type of birds are local and use the appropriate seed.
- Avoid leaving seed on the ground: Clean up any spilled seed to prevent attracting rodents.

By understanding the consequences of feeding squirrels, and by implementing safe practices for enjoying birds, we can help maintain a healthy and balanced ecosystem for all our local wildlife and protect our homes. Let's appreciate these fascinating creatures in a way that benefits both them and our community.

### **Sources and related content:**

Parks Canada (parks.canada.ca) - [Feeding Wild Animals: A Bad Idea!](#)

Milwaukee Wildlife Control (www.skedaddlewildlife.com) - [Why You Shouldn't Feed Squirrels](#)



Orkin Canada (www.orkincanada.ca) - [Orkin Canada's Guide to Understanding Squirrels](#) and [What Diseases Do Mice Carry?](#)

Wikipedia (en.wikipedia.org) - [Electrical Disruptions Caused by Squirrels](#)

Critter Stop (critterstop.com) - [Why Do Squirrels Chew on Wood: Understanding and Protecting Property](#) and [How to Keep Squirrels Out of Your Car Engine](#)

North Carolina Museum of Natural Sciences (naturalsciences.org) - [Squirrels Love Chewing Car Wires. Here's Why — And How to Get Them to Stop](#)

Humane World for Animals (www.humaneworld.org) - [Safely Get Rid of Squirrels from Attics and Keep Them Away](#)

Critter Control (www.crittercontrol.com) - [How to Identify Squirrel Droppings](#) and [Squirrel Diseases](#)

Department of Agriculture, Environment and Rural Affairs – Daera (www.daera-ni.gov.uk) - [Squirrel Pox and Other Squirrel Diseases](#)

BC SPCA (spca.bc.ca) - [Don't Feed Wildlife: It Can Do More Harm Than Good](#)

Birds Canada / Oiseaux Canada (www.birdscanada.org) - [Keeping Feeder Birds Healthy](#)

Beaky Bites (www.beakybites.co.uk) - [How to Stop Squirrels Eating Your Bird Food](#)

The Backyard Naturalist (thebackyardnaturalist.com) - [Mosquitoes Do Not Breed in a Well-Maintained Bird Bath](#)

Cornell Lab (www.allaboutbirds.org) - [Feeding Birds: a Quick Guide to Seed Types](#)

Nature Canada (naturecanada.ca) - [Keeping Birds Safe at Your Feeder](#)

Center for Disease Control (www.cdc.gov) - [About Lymphocytic Choriomeningitis](#)



# The Science Behind Rainbows

Submitted by Theresa B

Have you ever looked into the sky after a thunderstorm and spotted a beautiful arc of colours stretching through the sky? These gorgeous displays are known as rainbows. Have you ever wondered how they form? What is the science behind them? Let's take a closer look at the creation of these arcs.

There are typically 3 steps to the formation of a rainbow. Refraction, reflection and dispersion of light. Here's how it works:

## **Step 1: Sunlight Enters a Raindrop (Refraction)**

Sunlight may look white to our eyes, but it is actually made up of many colours. When sunlight hits a raindrop, it slows down and bends as it enters the water. Since the light is being bent at different angles, the colours inside of the light start to separate from each other. This process is called refraction.

## **Step 2: Light Reflects Inside the Raindrop (Reflection)**

Once inside of the drop, the light travels to the back of the drop. Some light passes through it, while most of it is reflected back into the direction it came from. This process is called reflection.

## **Step 3: Light Exits the Raindrop (Dispersion)**

As the light leaves the raindrop, it bends again. The light, like refraction, spreads out even more, bending the light at a wider angle. This separates the colours almost completely into their own "columns" as the light forms a spectrum in the sky. When the light reaches our eyes, we see a beautiful, coloured arc in the sky.

## **Double Rainbows**

A double rainbow occurs when light is reflected twice inside of the raindrop, instead of just once. This causes two spectrums of colour to be sent out through the raindrops. Beside the regular rainbow, you will spot a fainter one, with the opposite order of colours. This means red would be on the bottom, and violet would be on the top.

Rainbows are a perfect example of how science and nature can create truly breathtaking sights. The next time you see a rainbow, you'll know exactly how it is formed. And, if you're lucky enough, you may even spot a double rainbow!

Keep an eye out for my future articles!

-Theresa B



## **THE HISTORY OF DAYLIGHT SAVING TIME**

*Respectfully submitted by Laura Couch*

With the start of March, we can finally start dreaming of Spring - not only warmer temperatures but longer days. Daylight Saving Time starts on March 9<sup>th</sup> this year, and at 2 am, we will turn our clocks forward to 3 am. It will run all the way until November 2<sup>nd</sup>, at which point we'll turn them back, from 2 am to 1 am. This adjusted time spans about 65% of the year and allows us to make better use of the daylight by extending the summer evenings, which reduces our energy consumption. Most of us have heard the mnemonic "Spring forward, Fall back" - but have you ever stopped to wonder where this system came from?

The original idea for Daylight Saving Time is often attributed to Benjamin Franklin, who wrote an essay all the way back in 1784, suggesting that people living in Paris (as he was at the time) should adjust their waking hours to align with the sun. This can't be called a true precursor to Daylight Saving Time - for one thing, he never suggests changing clocks at all, and for another, the essay itself was satirical, poking fun at a perceived laziness in his peers. He jokingly suggested a number of increasingly ridiculous ways to enforce an early-riser policy, including: that families not be allowed to purchase more than one pound of candles per week; that church bells be rung at dawn every day; that after dark, coaches carrying anyone other than physicians, surgeons, and midwives be stopped by guards; and that windows with shutters attached to block out the morning sun be taxed.

The true inventor of Daylight Saving Time was a New Zealand Scientist named George Vernon Hudson, who in 1895 made a proposal to the Wellington

Philosophical Society to advance the clocks by 2 hours in the summer. His main motivation was to extend the summer daylight past the end of his workday at the Wellington Post Office, so he would be better able to pursue his true passion - bug collecting. Unfortunately for George and his beloved bugs, his idea was not officially adopted by any country until 1916, over 20 years later,

when Germany and Austria chose to shift the clocks by one hour in the summer to preserve fuel during World War 1 (and his home country of New Zealand didn't adopt the practice until 1927!).

Once Germany and Austria began shifting their clocks, the UK and France, among others, were quick to follow. Most countries dropped the system after the war ended, only to pick it back up again during World War 2.

A little-known fact - although Germany and Austria were the first full countries to officially adopt Daylight Saving Time, a few hundred Canadians actually beat them by 8 years! In 1908, Port Arthur and Fort William, Ontario (now known as Thunder Bay) were petitioned by a local businessman, John Hewitson, to adjust the clocks in the summer months to enjoy an extra hour of summer sun in the evenings.

The municipalities agreed, and the decision was popular enough that Regina, Winnipeg, and Brandon all followed suit in 1914.

In the present day, about 34% of the world uses Daylight Saving Time, and that number is still in flux - Yukon abolished it as recently as 2020. While I can't say I look forward to losing that hour of sleep on March 9<sup>th</sup>, I do love the long, lazy summer evenings that we'll get as a result down the road.

Stay warm, and happy almost-Spring!





# Human Interests

*This is a great place for members and residents to share their interesting news or stories with the rest of our community. This includes submissions to celebrate personal accomplishments, travels, and adventures, or milestones such as Births, Birthdays, Weddings, Anniversaries, and Obituaries. It can be a place to share Thank You Messages, Notes of Praise, Letters to the Editor, etc.*

*Submissions can be emailed to [janine@sarceemeadows.coop](mailto:janine@sarceemeadows.coop) or dropped off at the office to the attention of the Newsletter Committee.*

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

**The Britton Family at Unit G451 would like to thank the thoughtful neighbour who anonymously dropped off this beautiful gift.**

**It makes our family very happy to know how much our holiday displays are appreciated by the community.**

**Dallas, Colleen, Christian & Theresa**



# Community News

## **RUTLAND PARK COMMUNITY ASSOCIATION**

### **TELUS Spark Passes**

School holidays for spring are coming up this month and it's a great time for families to visit TELUS Spark!

We are so lucky to be able to partner again this year with TELUS Spark to provide access to this world class facility, especially for families who might not be able to experience TELUS Spark during these difficult financial times.

**If interested, please contact Karen Wesley directly by emailing:**

[outreach@rutlandparkcommunity.com](mailto:outreach@rutlandparkcommunity.com)

Please provide the following information:

- Number of adults and names.
- Names of children and ages.
- Date you'd like visit TELUS Spark.

## **CITY OF CALGARY**

### **Calgary Emergency Management Agency (CEMA)**

**Have you built your emergency preparedness network?**

Emergencies can happen unexpectedly, disrupting our lives and causing stress. But with the right support network, we can be more resilient.

**In times of crisis, knowing who you can rely on is crucial:**



Identify your support system, both within and outside your family.



Create an Emergency Action Plan for your household so you know what to do and who to contact during an emergency. Fillable template here (available in other languages): <https://www.calgary.ca/emergencies/preparedness/emergency-action-plan.html>



Build connections within your community. Neighbours, coworkers and friends often provide crucial support when disaster strikes. Reach out if you haven't already, make connections, exchange contact information and discuss emergency plans.



Together we can ensure everyone stays safe and supported.

For more tips on how to prepare for emergencies, go to [calgary.ca/GetReady](https://www.calgary.ca/GetReady)



# Just For Fun!

*Recipes respectfully submitted by Margaret Van der Meer*

## **Green Pea Egg Drop Soup**

### **Ingredients:**

- 1 cup fresh or frozen green peas
- 1 can sliced mushrooms, or fresh mushrooms can be used
- 2 eggs, beaten
- 1 quart chicken stock

### **Directions:**

1. Combine peas, mushrooms, and chicken stock in a pot.
2. Bring to a boil for a few minutes.
3. Remove from heat and add eggs, stirring until they separate into strands.
4. Serve immediately. (Yields 4 to 6 servings)



## **French Toast Sandwich**

### **Ingredients:**

- 2 eggs
- 2 tbsp milk or water
- 8 slices of bread
- 4 slices of cheese
- 4 slices of meat (ham, chicken, etc.)
- 3 tbsp butter or margarine

### **Directions:**

1. Break eggs into a pie plate, add water or milk, and beat together with a fork.
2. Butter bread and make 4 sandwiches with 1 slice of meat and 1 slice of cheese in each.
3. Dip both sides of each sandwich in egg mixture.
4. Add butter to a large frying pan over medium heat, melt butt and spread as needed to cover the bottom of the frying pan.
5. Add sandwiches to the pan, cover with lid, and cook for a few minutes per side until both sides are brown.
6. Remove from heat and enjoy!





## **Peanut Crunchies**

### **Ingredients:**

- 3 egg whites
- $\frac{2}{3}$  cup sugar
- $\frac{1}{3}$  cup crunchy peanut butter
- 4 cups corn flakes

### **Directions:**

1. Preheat oven to 350°F.
2. Place egg whites in a large bowl and beat with an electric beater for 2 minutes.
3. Gradually add half of the sugar and beat for 1 minute.
4. Add remaining sugar and beat until the mixture forms peaks when the beater is removed from the bowl.
5. Stir in peanut butter and then stir in corn flakes.
6. Drop teaspoonfuls of cookie batter onto a cookie sheet, spaced 2 inches apart.
7. Bake in oven for 15 minutes, checking at 8 minutes.
8. Remove from oven when done and allow to cool.
9. Remove cookies from cookie sheet and store in an air-tight container. (Makes about 4 dozen.)



## **Frozen Fruit Salad**

### **Ingredients:**

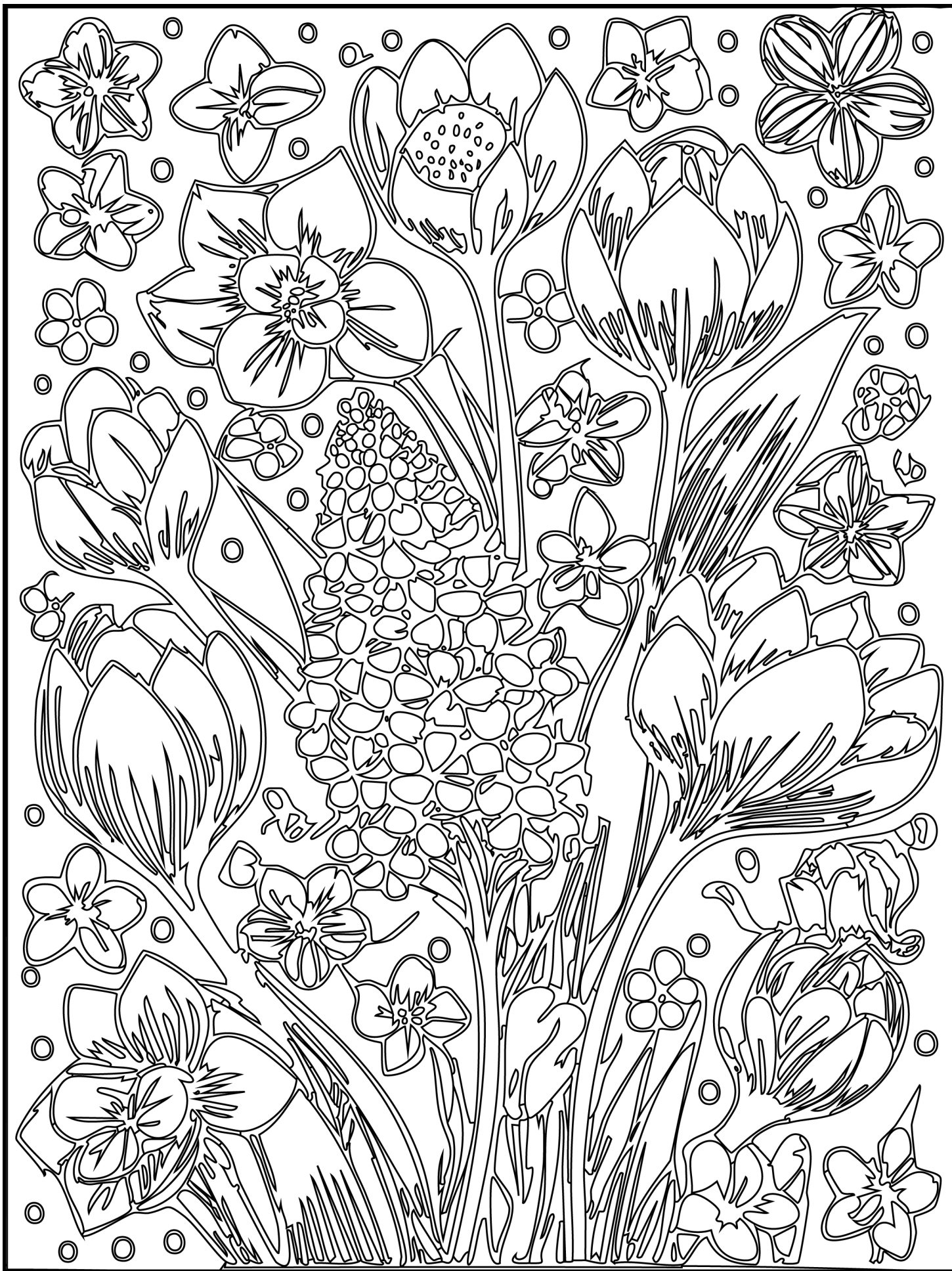
- 2 3-ounce packages of Philadelphia cream cheese
- 1 cup mayonnaise
- 1 cup whipping cream
- $\frac{1}{2}$  cup green cherries (maraschino, quartered)
- $\frac{1}{2}$  cup red cherries (maraschino, quartered)
- 1 14-ounce can crushed pineapple, drained
- 3 cups miniature marshmallows

### **Directions:**

1. Combine cream cheese and mayonnaise and beat until smooth.
2. Fold in whipping cream, then fold in all other ingredients.
3. Freeze until firm.







# 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.

## 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)



## Free!

Free walker in good condition

Call 403 993-7415 for info.



## 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.



Heel to Toe  
Footcare

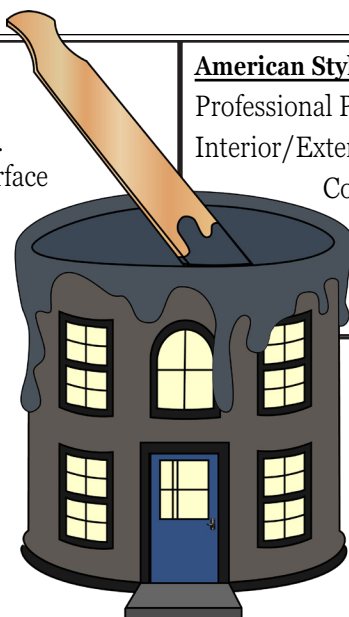
Marie Blain RN  
[canadiangolden@gmail.com](mailto:canadiangolden@gmail.com)

#55 10001 Brookpark Blvd. SW  
Calgary Alberta  
403-640-7965



**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

**Knife Sharpening:**

\$5.00 per knife  
Bill (D251) 403-875-4096  
Make sure that your knives are up to the task.

**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>MARCH 9</b> | <b>10</b><br><i>ENTERTAINMENT<br/>&amp; SOCIAL EVENTS<br/>@ 7:00</i> | <b>11</b><br><i>RETROFIT TASK<br/>FORCE @ 3:30</i> | <b>12</b><br><i>MEMBERSHIP @<br/>7:00</i>   | <b>13</b><br><i>EDUCATION,<br/>INVOLVEMENT &amp;<br/>AWARDS @ 6:30</i> | <b>14</b> | <b>15</b>   |
| <b>16</b>      | <b>17</b><br><i>FINANCE @ 6:00</i>                                   | <b>18</b>  | <b>19</b>   | <b>20</b>  | <b>21</b> | <b>22</b>   |
| <b>23</b>      | <b>24</b>  | <b>25</b><br><i>RETROFIT TASK<br/>FORCE @ 3:30</i> | <b>26</b>   | <b>27</b><br><i>BOARD OF<br/>DIRECTORS @<br/>6:30</i>                  | <b>28</b> | <b>29</b>   |
| <b>30</b>      | <b>31</b>  | <b>APRIL 1</b>                                     | <b>2</b><br><i>PROPERTY<br/>MAINTENANCE @<br/>5:00</i>  | <b>3</b>   | <b>4</b>  | <b>5</b>  |
| <b>6</b>       | <b>7</b><br><i>NEWSLETTER @<br/>7:00</i>                             | <b>8</b><br><i>RETROFIT TASK<br/>FORCE @ 3:30</i>  | <b>9</b><br><i>NEWSLETTER<br/>SUBMISSION<br/>DEADLINE</i><br><i>MEMBERSHIP @<br/>7:00</i>               | <b>10</b><br><i>EDUCATION,<br/>INVOLVEMENT &amp;<br/>AWARDS @ 6:30</i> | <b>11</b> | <b>12</b><br><i>REGULAR<br/>GENERAL<br/>MEETING @<br/>10:00 GRACE<br/>LUTHERAN AND<br/>ONLINE</i> |
| <b>13</b>      | <b>14</b><br><i>ENTERTAINMENT<br/>&amp; SOCIAL EVENTS<br/>@ 7:00</i> | <b>15</b>  | <b>16</b>   | <b>17</b>  | <b>18</b> | <b>19</b>   |
| <b>20</b>      | <b>21</b><br><i>FINANCE @ 6:00</i>                                   | <b>22</b><br><i>RETROFIT TASK<br/>FORCE @ 3:30</i> | <b>23</b>   | <b>24</b><br><i>BOARD OF<br/>DIRECTORS @<br/>6:30</i>                  | <b>25</b> | <b>26</b>   |
| <b>27</b>      | <b>28</b>  | <b>29</b>  | <b>30</b>   | <b>MAY 1</b>   | <b>2</b>  | <b>3</b>  |
| <b>4</b>       | <b>5</b><br><i>NEWSLETTER @<br/>7:00</i>                             | <b>6</b><br><i>RETROFIT TASK<br/>FORCE @ 3:30</i>  | <b>7</b><br><i>NEWSLETTER<br/>SUBMISSION<br/>DEADLINE</i><br><i>PROPERTY<br/>MAINTENANCE @<br/>5:00</i> | <b>8</b><br><i>EDUCATION,<br/>INVOLVEMENT &amp;<br/>AWARDS @ 6:30</i>  | <b>9</b>  | <b>10</b>   |
| <b>11</b>      | <b>12</b><br><i>ENTERTAINMENT<br/>&amp; SOCIAL EVENTS<br/>@ 7:00</i> | <b>13</b>  | <b>14</b><br><i>MEMBERSHIP @<br/>7:00</i>   | <b>15</b>  | <b>16</b> | <b>17</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: Lorene Klippert

### **Elections**

Chair: Valerie Porter & Lorraine Britton

### **Finance**

Chair: Christine Langford  
Board Liaison: Jeremy Hart

### **Governmental Elections Information**

Chair: Astrid Deslandes  
Board Liaison: Azhar Manzoor

### **Membership**

Chair: Farha Fatima  
Board Liaison: Raeleen Trebicki

### **Property Maintenance**

Chair: Al Wright  
Board Liaison: Azhar Manzoor

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

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

Board Liaison: Attila Bardos

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

Chair: Garry Sluiter  
Board Liaison: Attila Bardos

### **Entertainment and Social Events**

Chair: Abby Way  
Board Liaison: Raeleen Trebicki

### **Governance & HR**

Chairperson: Krystal Dafoe

### **Grievance & Resolution**

Chair: VACANT

### **Newsletter**

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

#### **Retrofit Task Force**

Board Liaison: Wendy Wilson

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

