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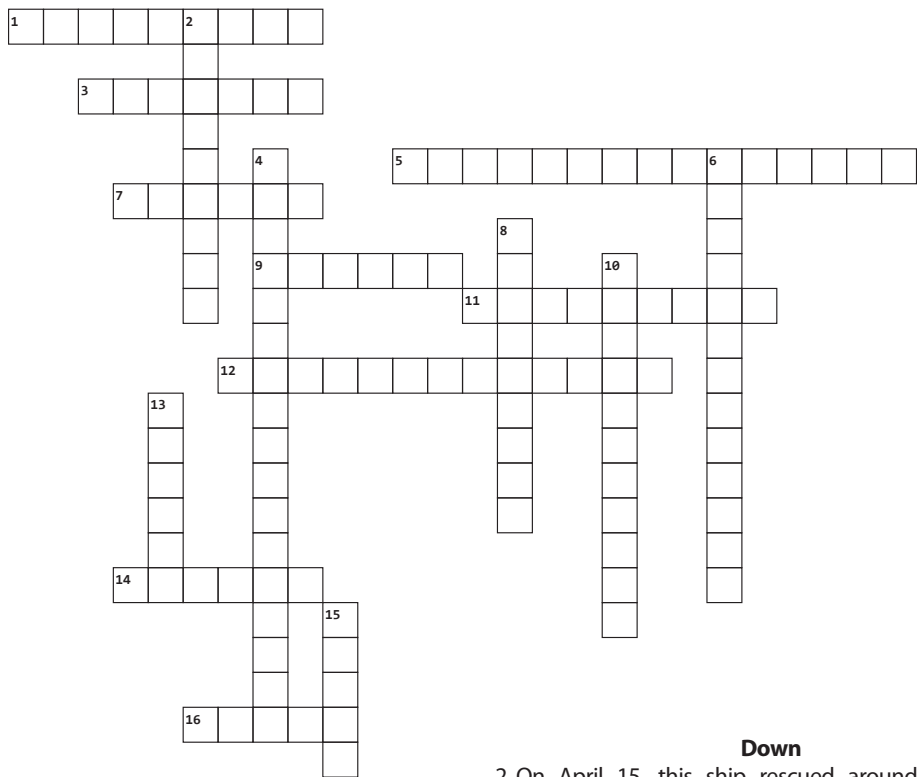
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April Crossword Puzzle



Across

- 1. The smell that is caused by the mixture of rainwater and various earthly compounds.
- 3. Kids will leave these out for the Easter bunny in case he gets hungry.
- 5. Born on April 15, 1452, this artist’s painting was famously stolen.
- 7. On April 11, this national observance advocates against animal violence and cruelty.
- 9. The Latin root for the word ‘April.’
- 11. This Calgary-born competitive pair skater won gold at the 2002 Olympics with her partner David Pellettier.
- 12. This Vancouver-born actress is best-known for playing Robin Scherbatsky on the CBS sitcom *How I Met Your Mother*.
- 14. Literature lovers will know that April is National _____ Month.
- 16. A colourful and popular marshmallow Easter treat.

Down

- 2. On April 15, this ship rescued around 705 people from a famous shipwreck 595 km off the coast of Newfoundland.
- 4. What makes April 9, 1917, an important date to many Canadians?
- 6. It is said that this day began in 1852 when France started using the Gregorian calendar and the new year no longer began on April 1.
- 8. Born on April 21, 1816, she is the oldest Brontë sister and author of *Jane Eyre*.
- 10. This Chilean-American *The Last of Us* actor was born on April 2, 1975.
- 13. In the United States, spring is said to have arrived when this bird comes to town.
- 15. One of April’s birth flowers that comes from the Old English phrase ‘dæg-es-eage’.

SCAN THE QR CODE FOR THE ANSWER KEY

Springbank Ladies' Time Out

We have begun our winter session and are enjoying getting together with friends old and new. There is still room in many of our classes including cooking, crafts, floral, and games. Everyone is welcome to join us Monday mornings from 9:00 to 11:00 am at Eden Brook Reception Centre on Lower Springbank Road for a cup of coffee, snack, and a visit.

Check us out on Facebook: SpringbankLadiesTimeOut, our website: springbanklto.ca, or you can email us at springbanklto@gmail.com.

SAFE & SOUND



Bicycle Helmet Safety

from Alberta Health Services

Head injuries are the leading cause of serious injury and death to kids on wheels*. Most injuries occur when a cyclist suffers a fall, strikes a stationary object, or collides with another cyclist/pedestrian. Remember – it's the law in Alberta that cyclists under the age of 18 must wear a helmet (and highly recommended for all ages). Helmets should be CSA approved and worn during recreational activities such as skateboarding, in-line skating, and cycling.

Getting informed

- Wearing a helmet while cycling can prevent a serious injury, or even save a life
- Brain injuries can cause permanent disability or death
- Reduce your risk by always wearing your helmet
- Replace any helmet that has been involved in a crash, even if it appears undamaged

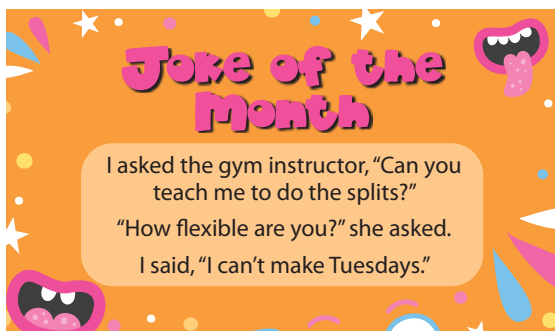
Getting started

- Allow children to assist when buying their helmet
- Cyclists who choose their own helmet are more likely to wear them
- Start the habit early. Young children learning to ride tricycles need to wear helmets
- Parents must lead by example – always wear a helmet when cycling

Getting the right fit

- Take the time to properly fit and adjust your helmet to ensure maximum protection in case of a crash
- When worn properly, helmets should fit level, not tilted up, or down over the forehead
- Helmets should feel snug, but not too tight. To test the fit, the helmet should not fall off when you shake your head from side-to-side while the straps are unfastened
- Adjust the chin straps to form a "Y" below and slightly forward from the ears
- Only one finger should be able to fit under the chin strap when it is fastened
- Do not forget to use the sizing pads included with the helmet. They will help improve the overall fit, comfort, and safety.

* Parachute Canada: <http://www.parachutecanada.org/injury-topics/item/wheeled-activities1>.



BRAIN GAMES SUDOKU

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		3	1		6			
7			3		5			2

SCAN THE QR CODE
FOR THE SOLUTION





SCA UPDATE

Memberships and Volunteer Opportunities:

Please visit springbankcommunity.com to join as a household or individual resident.

If you see a role where you can help out Springbank Community Association as a volunteer, please email info@springbankcommunity.com. We need your voices to be heard!

SPRINGBANK ELECTED OFFICIALS



MP John Barlow, Foothills
109 - 4 Avenue South West (Main Office)
High River, Alberta T1V 1M5
403-603-3665
John.Barlow@parl.gc.ca



Councillor Kevin Hanson
Division 1 | Elbow Valley,
South Springbank
403-463-1166
krhanson@rockyview.ca



Councillor Don Kochan (Mayor)
Division 2 | North Springbank
587-435-7172
dkochan@rockyview.ca



MP Blake Richards, Banff-Airdrie
16 - 620 1 Ave NW Airdrie, AB T4B 2R3
403-948-5103
blake.richards@parl.gc.ca



MLA Miranda Rosin
Banff-Kananaskis
Banff.Kananaskis@assembly.ab.ca

SPRINGBANK COMMUNITY ASSOCIATION BOARD OF DIRECTORS



Board of Directors

President	Karin Hunter
Vice-President	Al Schmidt
Treasurer	Ian Galbraith
Secretary	Terry Dowsett

Directors at Large

Jan Erisman
Lynn Munro
Stu Pritchard
Rhonda Rankin

SCHS Community Youth Representative

Jordan Inverarity

Please contact us at president@springbankcommunity.com if interested in working with the board.



Membership Builds Community

Membership in the Springbank Community Association is a \$5 yearly fee for individuals or \$10 for households – included in membership is such benefits as a vote at the Annual General Meeting, details will be sent out and communicated to members. The SCA is also working hard to develop more programs, events, and activities within the Springbank Community and look forward to partnering with you to do that.

Visit springbankcommunity.com/membership-join/ to learn more!

Springbank Community Association Board of Directors

The first official board in 1940 consisted of 7 members: J.C. Buckley, Samuel Copithorne, Thom Hodgson, James J. McKnight, John D. McLaurin, Ernest Robinson, and Herbert Smith.

Meet your Springbank Community Association Board

Karin Hunter, President

B.Comm., CFA. Karin brings a diverse background in planning, analysis, and facilitation. Karin is passionate about enhancing recreation and culture opportunities for all residents of the Springbank area, from children through to seniors.

Al Schmidt, Vice President

B.Sc., MBA, CPA CMA. Al brings more than 35 years of real estate project management to the board, involving strategy, design, finance, marketing, construction, and property management. He is process-driven and believes that organizational responses must be consistently driven by long-term vision and stakeholder objectives. Al relocated to Springbank from west Calgary in 2018 and is committed to preserving and improving our quality of life, even as Calgary's westward advances challenge traditional life patterns for residents of Springbank.

Terry Dowsett, Secretary

B.A.I.E. Terry has called Springbank home for over 30 years. She has been involved with the Springbank Community Association for nearly as many years and was a founding member of the Springbank Historical Society which completed a historical inventory of over 600 buildings in the community. She was the recipient of the Rocky View Special Projects Citizenship Recognition Award in 2002.

Ian Galbraith, Treasurer

BA, FICB. Ian's background includes almost 3 decades as a commercial manager in banking, as well as HR, benefits, operations, and wealth management/investments. Since early retirement, he currently sits on various boards in a variety of capacities, including the Subdivision and Development Appeal Boards for Rocky View County, and has spent 10 years in the Performing Arts, including the role of technical director for a University Theatre.

Members at Large

Jan Erisman

B.I.D. with distinction. Jan is a commercial and residential interior designer, as well as a Masters basketball athlete, basketball coach, and 30-year resident. She is a volunteer

board member for the Springbank Area Structure Plan and the Rocky View West Recreation Board, over 20-year member of the Springbank Community Association, STAPA member, and founding member of the Springbank Historical Society. Jan strives to celebrate the incredible history of Springbank while promoting the community.

Lynn Munro

B.Ed. with distinction. Lynn grew up on a mixed farm and now actively participates on her husband's family ranch in north Springbank. Her two sons are the sixth generation of family to live in Springbank. She has been a committed volunteer to our local schools and sports, including minor hockey and football, and believes longevity of community is achieved through enhanced local facilities.

Stu Pritchard

Stu has been a resident of Springbank for the last 35 years. He is a retired senior IT marketing and sales executive with expertise in oil and gas information technology. Stu has lectured at the undergraduate and graduate level and is also experienced working overseas as a specialist. He is an active downhill and cross-country skier in the winter season and a cyclist in the summer. Up until the not-so-distant past, he and his family bred, raised, showed, and rode Tennessee Walking Horses.

Ronda Rankin

CPA, CGA. Ronda Rankin is a Springbank resident and an active outdoor recreational participant who enjoys running, hiking, and cycling in and around the community. As the president of Springbank Trails and Pathways Association (STAPA), she would like to see a safe, integrated, and sustainable system of trails and pathways in Springbank that link to the neighbouring cities of Calgary, Bragg Creek, and Cochrane. She has served in various volunteer and community organizations including the Rocky View West Recreation District Board.

Jordan Inverarity, Youth Director at Large

Jordan is a Grade 12 student at Springbank Community High School. This is her third year on the community board where she has been learning about the workings of a board and how to be a better member of the community. Jordan is an active contributor to the monthly e-newsletter. She is eager and excited to incorporate the voice of the youth throughout the community!



27 Ways to Say No

by Nancy Bergeron, R.Psych. | info@nancybergeron.ca

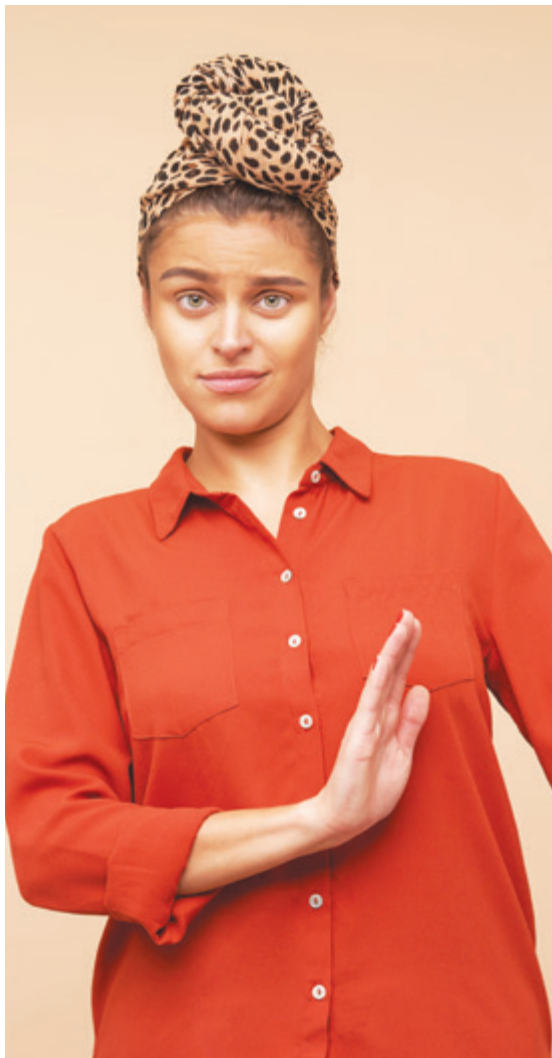
Are you a people pleaser? Do you have trouble finding the words to say no? Maybe you just need some time to evaluate whether you want to say yes. Don't let others rush or pressure you into something you may not have the capacity for.

Here are 27 ways to say no or defer your answer:

- I am not comfortable with that.
- I have some other things that need my attention right now.
- I need to focus on myself/personal life/job.
- I'm sorry but I just don't feel qualified to help with that.
- I wish I could but I am unable to help.
- I can see you want my help but I am just unable to.
- I just don't have that to give right now.
- That sounds wonderful but I just can't commit.
- Gee, I wish I could, but I just can't right now.
- I'm sorry but I can't help you at this time.
- I'm just too occupied at this time, so I can't.
- Unfortunately, it's not a good time.
- Circle back to me in few weeks.
- I can't make it this month, week, day, year.
- Perhaps another time.
- I am not available for this.
- Sorry, this is something I can't do right now.
- I really appreciate you asking me, but I can't commit to that right now.
- Sorry, I can't make it, maybe another time.
- I'm afraid I don't have any open time for that/this.
- I can't as I have some other pressing commitments.
- I've filled my schedule.
- I'm really swamped right now.
- I'm so overwhelmed these days that I can't take on any more.
- Right now, I've got way too much on my plate.
- I'm not taking on any more work/tasks/projects at the moment.
- No.

*Remember that you do not have to provide any explanations for saying no.

People pleasers are constantly getting manipulated. You are not responsible for other people's emotions.



Every time you say yes to something or someone, you are unwittingly saying no to someone or something else at the same time (usually your own needs). In trying to please everyone, you end up disappointing almost everyone, especially yourself.

People will actually learn to respect you more if you stay true to your values. It's empowering to say yes when you truly want to. You are of value; you have the right to say no.

Bored? Think Twice Before Taking That Facebook Quiz

from the Better Business Bureau



Social media is used as a fun distraction for some people, and taking a Facebook quiz may seem like a harmless way to pass the time. But are you giving away more information than you think?

How the scam works

A fun quiz pops up on your Facebook feed or another social media platform. A few questions are answered to prove how well you know a friend. Or a short personality test is offered to match you with a character from a favourite TV show.

These quizzes appear to be meaningless, but the intent behind them is to collect information. For example, questions like: "What was the first car you owned?", "What is your mother's maiden name?", or "What is the name of the street you grew up on?" These are common security questions for insurance, banking, and credit card accounts. Sharing this information can lead to accounts being hacked, and personal and financial information being stolen.

Not all social media quizzes are data collection scams; however, BBB cautions users to be careful about what they share online and to check the privacy settings on the account. Social media data and quiz answers can be used to steal identity or enable a scammer to impersonate you to your friends and family.

Tips to avoid social media scams

- **Be skeptical:** Before answering a quiz, figure out who created it. Is it a brand you trust? Just because something appears to be fun and innocent, doesn't mean there isn't an inherent risk.
- **Adjust privacy settings:** Review the social media account's privacy settings and be strict about any information that is shared - and be mindful of who you are sharing it with.
- **Remove personal details from your profile:** Don't share information like your phone number or home address on social media accounts.
- **Don't give answers to common security questions:** Be cautious if the questions in a quiz ask for things like your mother's maiden name, street you grew up on, previously owned vehicles, favourite foods, or the name of your high school.
- **Monitor friend requests:** Don't accept friend requests from people you don't know. Also be wary of a second friend request from someone you are already connected with; the second profile may be an imposter trying to access your data and your friends list.

Read more at [BBB.org](https://www.bbb.org).

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