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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!

LITTLE TOES



Because humans typically have five fingers on each hand and five toes on each foot, it might lead one to believe that cats follow that same format. However, this is actually incorrect! Most cats only have 18 toes, rather than 20. A typical cat will have five toes on each of its front paws, but only four on its back ones!

WORD OF THE MONTH

Stalwart: Adjective (Stawl-wert)

Loyal, reliable, diligent, and brave.

She is a stalwart supporter of animal rights.

SPRINGBANK COMMUNITY ASSOCIATION BOARD OF DIRECTORS



Board of Directors

| | |
|----------------|---------------|
| President | Karin Hunter |
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| Secretary | Terry Dowsett |

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Jan Erisman
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Stu Pritchard
Rhonda Rankin

SCHS Community Youth Representative

Open

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!

SCAN HERE
TO VIEW ADDITIONAL
SPRINGBANK CONTENT



Roasted Squash and Pesto Baguettes

by Jennifer Puri

Pumpkins and squash are a low-calorie food as they are more than 90% water and have more fibre than kale and more potassium than bananas.



Technically a fruit, pumpkins and squash are a member of the gourd family which includes cucumbers, honeydew, watermelons, cantaloupe, and zucchini.

Pumpkins and squash come in all different sizes, shapes, and colours including tan, blue, white, orange, green, and red. Every single part of the pumpkin (flowers, stems, pulp, seeds, and leaves) is edible, and it can be stewed, roasted, baked, and even pickled. Roasted pumpkin seeds are an easy to prepare snack and can be sprinkled on salads and pasta dishes for a little extra nutrition.

Pumpkins are a good source of beta carotene which after its eaten becomes Vitamin A and is beneficial for eye, skin, and digestive health.

One of the most popular ways to enjoy pumpkin is pumpkin pie and the early version of the pie involved scooping out the insides, filling it with milk, honey, and spices and then baking it on hot ashes.

Roasted squash and pesto baguettes are an easy to prepare and assemble recipe which combines the nutritional goodness of pumpkin with pesto and almonds making it a delicious and inexpensive way to serve pumpkin over the holidays.

Prep Time: 25 minutes

Cook Time: 40 minutes

Servings: Four to six

Ingredients:

- 1 butternut squash
- ½ tsp salt
- ½ tsp coarsely ground black pepper
- 2 level tsps. of Italian seasoning
- 1 ½ tbsps. of extra virgin olive oil

- 1 small tub herb and garlic cream cheese
- 1 small jar of pesto
- 3 baguettes or ciabatta buns
- ½ cup sliced almonds
- 6 cherry tomatoes
- A handful of basil leaves

Directions:

- Heat oven to 375 degrees Fahrenheit.
- Wash squash and pat dry with paper towel, remove seeds and slice it into ¼ inch thick pieces. Place squash pieces in a mixing bowl, add olive oil, Italian seasoning, salt, and pepper.
- Next arrange the squash on a foil lined baking tray and bake on middle rack of the oven for about 20 minutes. Toss cherry tomatoes in a little olive oil and add to the squash in the oven. Continue baking for another 15 to 20 minutes or until squash is tender. Remove from oven and allow to cool before removing the skin and slicing squash pieces into strips.
- Slice baguettes into half and then half again. Spread cream cheese on baguettes followed by the squash and top with pesto and sliced almonds. Garnish with cherry tomatoes and basil leaves and serve.
- Baguettes can be lightly toasted before adding the toppings and you can also add thinly sliced prosciutto or ham for even more flavour.

Bon Appétit!





Springbank Ladies Time Out

WHAT IS Springbank LTO?

We are Non-Profit Women's Club, creating community and supporting new friendships in Springbank and the surrounding area.

We offer cooking and crafting classes, private massage and Reiki sessions, and a weekly Coffee & Chat meet-up on Mondays!

Sessions are
September - November
February - June

Membership price per session is \$25

Eden Brooke Reception Center
9:00am -11:00am

Find us on FB • Instagram @springbankLTO SpringbankLTO.ca

Fuelling Young Athletes

by Alberta Health Services



Nutrition is important for young athletes (ages 12 to 18) because it supports both healthy growth and sports performance. Young athletes who fuel their bodies with healthy choices will get more out of their training and perform better during competition.

Here are some tips for young athletes:

Before your activity

Drink 1.5 to 2.5 cups of water two to three hours before activity to hydrate your body.

Plan to eat a meal two to three hours before an activity to give your body time to digest and convert it to fuel for your muscles. If you only have one to two hours before an activity, eat a smaller snack instead. Choose foods that contain carbohydrates and proteins, as well as foods that are lower in fat and fibre. For example, try a fruit smoothie, a chicken wrap or an egg and toast.

During an activity

Water is the best fluid to keep you hydrated when you are active for less than one hour. Bring a water bottle with you and drink every 15 to 20 minutes during an activity. If you are active for more than one hour and sweating a lot, you may benefit from a sports drink. A sports drink provides carbohydrates (energy) and replaces the electrolytes you lose when you sweat. Avoid low carbohydrate sports drinks and drinks with caffeine or carbonation (fizz).

After activity

After an activity, drink fluids and eat food to help you refuel and recover. Drink one to two cups of fluid and eat foods with carbohydrates and proteins. Choose foods such as cereal and milk, fruit and Greek yogurt or a nut butter sandwich.



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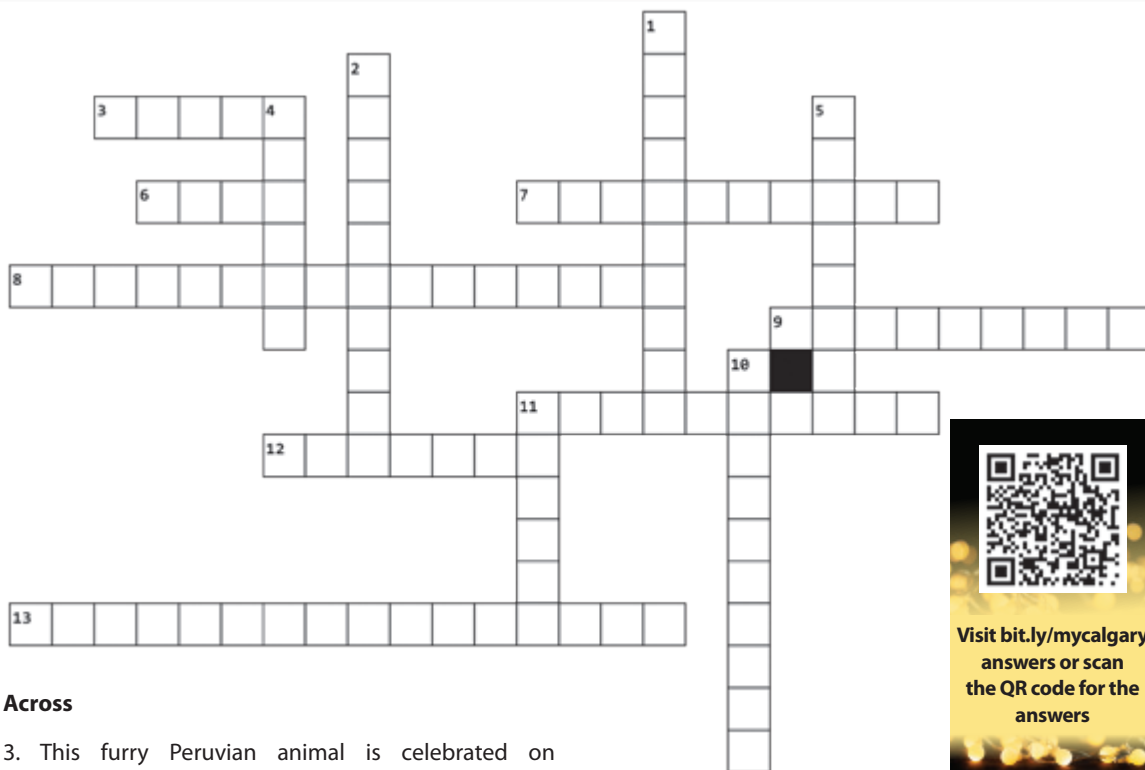
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December Crossword



Across

3. This furry Peruvian animal is celebrated on December 9 every year.

6. The Canadian Soccer Association formally became a member of this important sporting organization in December of 1912.

7. This sweet Canadian export has its own national day on December 17.

8. In December of 1982, TIME Magazine named this popular object Man of the Year.

9. This famous holiday candy is made to resemble a shepherd's staff.

11. This Schitt's Creek star was born on December 17, 1946.

12. This romantic New Year's Eve tradition originated from the Roman's Saturnalia festival.

13. This book concerning two rival families living in the moors of England, written by Emily Brontë, was published in December 1847.

Down

1. These prestigious awards celebrating and honouring academics and philanthropists, were first awarded in December of 1901.

2. Sint Nikolaas, one of the most popular saints in Europe during the Renaissance, is better known as _____.

4. The highest grossing film of all time was released on December 18, 2009.

5. On December 17, 1903, the Wrights' first powered _____ was successfully used.

10. This Canadian singer won the 1998 Billboard award for 'Hot Soundtrack Albums' for her work on Titanic.

11. Canadians drink just under six million litres of this beverage in December.



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