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## SCA UPDATE

### Memberships and Volunteer Opportunities:

Please visit [springbankcommunity.com](http://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](mailto: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](mailto:John.Barlow@parl.gc.ca)



**Councillor Kevin Hanson**  
Division 1 | Elbow Valley  
South Springbank  
403-463-1166  
[krhanson@rockyview.ca](mailto:krhanson@rockyview.ca)



**Councillor Don Kochan (Mayor)**  
Division 2 | North Springbank  
587-435-7172  
[dkochan@rockyview.ca](mailto: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](mailto:blake.richards@parl.gc.ca)



**MLA Sarah Elmeligi**  
Banff-Kananaskis  
[sarahelmeligi@albertandp.ca](mailto:sarahelmeligi@albertandp.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

Open

Please contact us at [president@springbankcommunity.com](mailto: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/](http://springbankcommunity.com/membership-join/) to learn more!

SCAN HERE  
TO VIEW ADDITIONAL  
SPRINGBANK CONTENT





### Fall Candle Care: How to Prevent Tunneling

*by Evermore Handmade, Local Candle Business*

Fall is a popular time for candlelight and cozy nights in, which means dusting off your candle collection. You might notice that some have developed a deep “tunnel” around the wick, making it difficult to light. Tunneling also shortens the life of your candle as only the wax in the centre of the candle will burn down.

Here are a few easy ways to prevent or fix tunneling so you can enjoy your favourite candles this season:

#### Prevention

When you light a candle for the first time, allow it to burn long enough to melt all the way to the edges of the candle jar. This ensures an even burn for the duration of your candle's life as wax has a “memory” so to speak. The first burn sets the tone for subsequent burns and will help you get the most burn-time out of your new candle.

If you find that your candles are constantly tunneling, despite letting the wax melt to the edges of the jar, consider buying higher quality candles. Most candles on the market are made of paraffin wax (a toxic byproduct of petroleum) and are more predisposed to tunneling. Higher grade waxes like coconut, soy, or beeswax burn cleaner, longer, and more evenly.

#### The Fix

If you have an old candle that's already tunneling, here are two easy ways to fix it:

1. Set your oven to 80°C (176°F) then remove anything flammable from your candle, such as labels or string. Once the oven is hot, place your candle on a baking tray for five minutes. This should heat the entire surface of the wax, making it smooth. With oven mitts, remove the candle and let it cool before lighting it.
2. Wrap aluminum foil around the top of your candle and angle it inwards like a dome. Ensure that the flame is far enough away from the foil and that there is still a hole to vent air. The foil will help the wax to heat up evenly. Keep a careful eye on your candle until the top layer of wax has melted, leaving a smooth surface, then remove the foil.

With these easy steps, you can enjoy your candles this season without any tunneling. If this article helped you, be sure to share it with a friend or loved one!



### NEW CONDOS COMING TO U/D!

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# 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.

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## Halloween Safety

from Alberta Health Services



The members of Calgary's Partners for Safety: Calgary's Child Magazine, AHS EMS, Calgary Police, Fire, 911, Bylaw, and Transit would like to remind parents and trick-or-treaters of some Halloween safety tips as October 31 approaches. Partners for Safety vehicles will be out patrolling communities on Halloween night to provide a visible safety resource for parents and trick-or-treaters.

### Trick-or-Treaters

- Remember: All regular pedestrian rules still apply. Be sure to cross the road at marked crosswalks, or well-lit corners only. It is safest to work your way up one side of the street, and then cross once to the other side.
- Avoid houses that are not well lit. Do not accept rides from strangers or enter any home you feel is unsafe.
- Let your parents know where you are going to be at all times (route) and advise them if you will be late returning.

### Parents

- Be certain that young trick-or-treaters are accompanied by an adult. Older children should stay in groups.
- Pre-determine boundaries to trick-or-treat within and establish a firm time to return home.

- Advise children not to eat anything until they return home. Dispose of any items that appear to have been tampered with, or that are not properly wrapped.

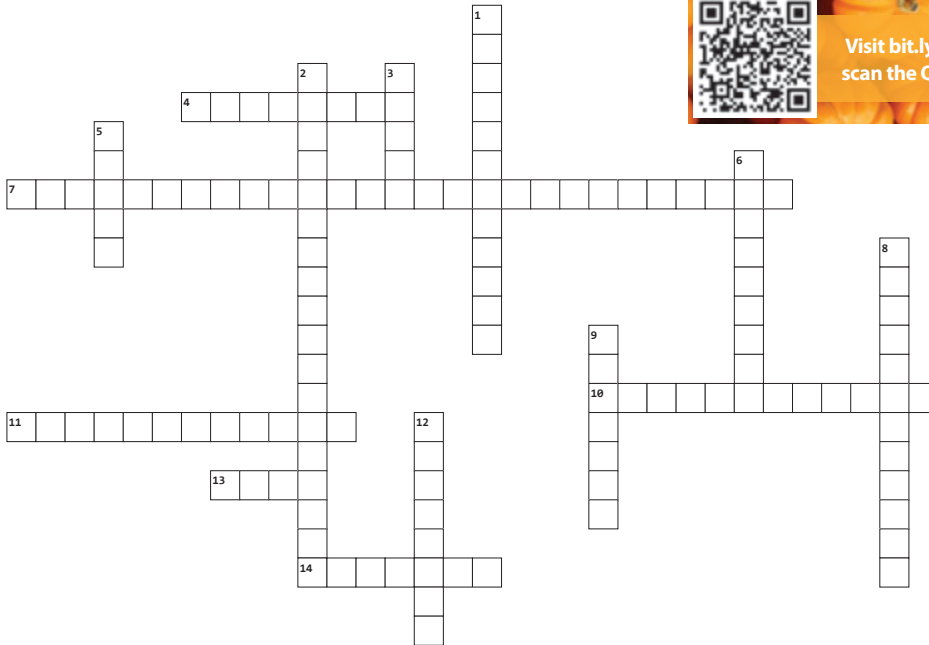
### Costumes

- Choose bright coloured costumes that are highly visible. Adding reflective tape to costumes further increases visibility.
- Consider sending your children with a flashlight for additional safety and increased visibility.
- When purchasing or making costumes, look for materials and accessories that are labeled flame-resistant.
- All costume accessories, such as sticks, rods, or wands, should be soft and flexible, with no sharp edges.
- Consider using hypoallergenic make-up kits instead of masks that may impair breathing, or vision.
- Be sure costumes are loose enough to be worn over warm clothing, but not so long that they become a tripping hazard. Costumes should not be longer than your child's ankles.
- Ensure your child is wearing adequate footwear that takes into consideration weather conditions and walking.

# October Crossword



Visit [bit.ly/mycalgaryanswers](https://bit.ly/mycalgaryanswers) or scan the QR code for the answers



## Down

1. In October of 2018, the longest postseason Baseball World Series game took place; the LA Dodgers beat the \_\_\_\_\_ after 7 hours and 20 minutes.
2. Every fall, these majestic, winged insects migrate 4,000 kilometres from Canada to Mexico.
3. Born on October 24, 1986, this Canadian rap artist rose to fame on the television drama, *Degrassi*.
5. In the Middle Ages, this was used to sweeten candy.
6. This traditional Halloween candy was originally called 'Chicken Feed.'
8. Hailing from Transylvania, Vlad the Impaler served as inspiration for novelist Bram Stoker's blood-thirsty protagonist, \_\_\_\_\_.
9. In North America, this fruit becomes very popular in October.
12. Harvested in October and November in Canada, these legumes are a complete protein, meaning that they have all nine essential amino acids.

## Across

4. Published on October 27, 2016, this novel by Naomi Alderman depicts a world where females develop the ability to release an electrical charge from their fingers, thus becoming the dominant sex.
7. Released on October 29, 1993, this stop-motion film, written by Tim Burton, is a Halloween classic.
10. Born on October 9, 1823, \_\_\_\_\_ was the first woman to own and publish her own newspaper, *The Provincial Freeman*, in Canada.
11. Observed on October 11, International \_\_\_\_\_ aims to celebrate and empower young girls while advocating for their rights and recognizing the unique challenges that they face.
13. October's official birthstone and Australia's national gemstone.
14. This 2,000-year-old Celtic festival marks the end of harvest and honours the spirits that are believed to walk the Earth on this day.



## What is Prostate Cancer?

from Alberta Health Services



Prostate cancer is the abnormal growth of cells in a man's prostate gland. The prostate sits just below the bladder. In young men, the prostate is about the size of a walnut. As men age, the prostate usually grows larger.

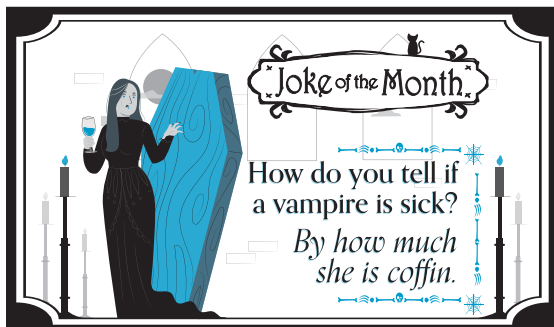
Prostate cancer is common in men older than 65. It usually grows slowly and can take years to grow large enough to cause any problems. As with other cancers, treatment for prostate cancer works best when the cancer is found early.

Experts don't know what causes prostate cancer, but they believe that your age, family history (genetics), and race affect your chances of getting it.

### What are the Symptoms?

Prostate cancer usually doesn't cause symptoms in its early stages. Most men don't know they have it until it is found during a regular medical examination.

When problems are noticed, they are most often problems with urinating. But these same symptoms can also be caused by an enlarged prostate (benign prostatic hyperplasia). An enlarged prostate is common in older men.



### How is Prostate Cancer Diagnosed?

The most common way to check for prostate cancer is to have a prostate-specific antigen (PSA) blood test. PSA tests can help find some prostate cancers early, when the cancer may be easier to treat. A large study of prostate cancer screening showed that PSA testing may prevent a small number of deaths from prostate cancer.

A higher level of PSA may mean that you have prostate cancer. But it could also mean that you have an enlargement or infection of the prostate.

If your PSA is high, you may need a prostate biopsy to figure out the cause. A biopsy means that your doctor takes tissue samples from your prostate gland and sends them to a lab for testing.

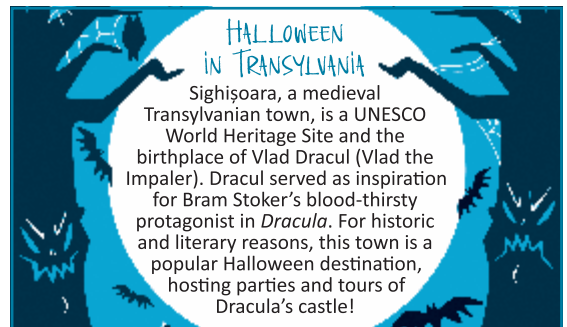
### How is Prostate Cancer Treated?

Your treatment will depend on what kind of cancer cells you have, how far they have spread, your age and general health, and your preferences.

You and your doctor may decide to manage your cancer with active surveillance or to treat it with surgery or radiation.

If you are over age 80 or have other serious health problems, like heart disease, you may choose not to have treatments to cure your cancer. Instead, you can just have treatments to manage your symptoms. This is called watchful waiting.

Choosing treatment for prostate cancer can be confusing. Talk with your doctor to choose the treatment that's best for you. You may also wish to call Health Link at 811 to speak with a Registered nurse.



## GAMES & PUZZLES

### Halloween Edition

1. In the 1800s, these immigrants brought the tradition of Halloween to the US.
2. Based on Stephen King's novel, this 2017 film is the highest grossing horror movie of all time.
3. The two Ms in M&M's candy-coated chocolates stand for \_\_\_\_\_ and \_\_\_\_\_.
4. In the *Halloween* film series, a mask of this *Star Trek* character was spraypainted and worn by serial killer Michael Myers.
5. Jack-o'-lanterns were originally carved out of \_\_\_\_\_.
6. Stephen Clarke holds the Guinness World Record for fastest carved pumpkin, completing it in \_\_\_\_\_ seconds.



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