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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!

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 Sarah Elmeligi
Banff-Kananaskis
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 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



OLD TYME COMMUNITY DANCE

SATURDAY, SEPT 9

7PM - 10PM

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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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Call for Help with Child Development Questions

from Alberta Health Services

Parents, guardians, and caregivers who have concerns about their child's development and well-being can now receive free advice and guidance through a new phone service.

By calling Health Link at 811, Albertans with concerns about their child's development — including speech, movement, and hearing — can be redirected to the new pediatric rehabilitation line and speak with an occupational therapist or another appropriate allied health professional.

The new pediatric rehabilitation line provides advice to parents and caregivers of infants, children, and youth (birth to 18 years of age) who have concerns about developmental milestones in areas such as:

- Moving and playing (crawling, walking, coordination, playing with toys, using utensils)
- Talking and listening (babbling, using words and sentences, speech sounds, understanding directions, stuttering, voice quality)
- Taking care of self (dressing, toileting, sleeping)
- Managing emotions (calming self, becoming overwhelmed or overstimulated)
- Difficulty eating or swallowing (coughing, gagging)
- Hearing (responding to sounds, noise, voices, words)

The pediatric rehabilitation line can also help callers who are looking for local services and/or current rehabilitation resources (e.g., links to information or webinars), or need support to help a child or youth recover from COVID-19.

AHS also offers free webinars that cover developmental topics for children and youth from birth to 18 years of age. Topics range from toilet training and tummy time to emotional regulation and speech development.

Hosted by pediatric rehabilitation professionals, the AHS webinar series is designed for all parents and caregivers. It may be especially beneficial for those with children and youth who may be developing differently or who have medical conditions that are affecting their development.



Most sessions are live, meaning participants can ask questions during the session. Some sessions are pre-recorded.

Each webinar is free of charge and will focus on a specific developmental skill such as walking, talking, listening, and more. Parents and caregivers will build skills and gain confidence by learning practical ways to help children and youth improve their skills while supporting development.

The free webinars are delivered on Zoom and require registration in advance. Information and registration for the free webinars can be accessed at myhealth.alberta.ca/pediatric-rehabilitation/webinars. You may also find information by searching “pediatric rehab” at together4health.albertahealthservices.ca.

A Shopper's Guide to Premiumization

by the Better Business Bureau

Premiumization is when companies offer higher-end products and services for a premium price. Airlines selling both business class and economy seats is a classic example. Another is car manufacturers offering a standard model and one featuring heated seats and leather trim.

While these two examples have been around for decades, premiumization has expanded since the COVID-19 pandemic. Now, businesses selling everything from beauty products to booze are adding new premium options and services. As a consumer, evaluating premium options can be tricky. Here are BBB's tips for weighing new premium options and ensuring you get the promised value.

Tips for Navigating Premiumization as a Shopper

Do Your Homework. Brands that offer premium products or services may look like luxury, but as with any purchase, doing some research is vital. Before paying a premium price, ensure the vendor is a trustworthy business with a reputation for good customer service. Look up businesses online to review business ratings and comments from customers.

Understand What Makes a Product Premium. Many business owners are working to maintain profit margins by offering their clients added value in a premium package. However, if a product or service claims to be premium, find out why. Specifically, what makes it better than the basic option? If a vendor can't give you a good answer, skip the premium price and shop elsewhere.

Comparison Shop. To get the best deal on anything, comparison shopping is a must. This is also true when considering a company's premium offerings. Find out what similar companies offer and their price point to see if you are really getting added value for the higher price.

Watch for "Greenwashing." Many companies promote premium options as more sustainable, lower waste, or all-natural. But be wary of misleading green marketing claims. The Federal Trade Commission advises consumers to look for specific information on packages and products that explain why the product is green.



GAMES & PUZZLES

Guess That Animal!

1. Male _____ are the only creatures in the animal kingdom to undergo pregnancy and give birth.
2. This tree-hugging marsupial's fingerprints are almost indistinguishable from humans; which has confused some forensic crime scene investigators.
3. This monogamous species mates for life and courts one another by gifting each other pebbles.
4. This large rodent is one of the friendliest in the animal kingdom and has been known to befriend crocodiles, monkeys, dogs, and even humans!
5. The _____ is the only mammal that can truly fly and not simply glide.
6. _____ are the only venomous primates; their armpits secrete venom that they lick to coat their teeth before attacking and biting.



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On September 29, 1962, Canada became the third country (after the Soviet Union and U.S.) to launch a satellite into space. Named after a popular French song, Alouette-1 was sent to study the ionosphere. It exceeded its expected lifespan of one year, remaining operational for 10 years, and sent millions of groundbreaking data back to Earth.



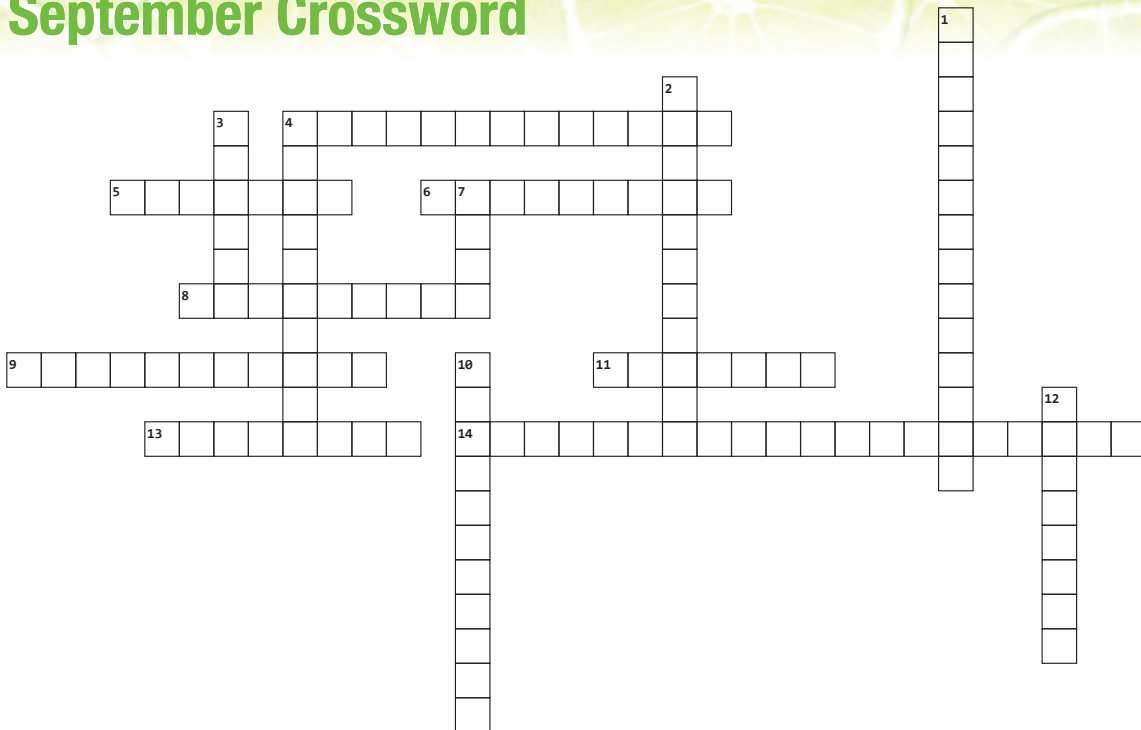
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September Crossword



Across

4. On September 23, 2023, also known as the _____, night and day are approximately the same length.
5. On September 1, 1905, this Canadian province was named after Queen Victoria's daughter.
6. Published by John Ronald Reuel on September 21, 1937, this novel is a prequel to one of the most popular fantasy series of all time.
8. On September 13, 1969, CBS aired this cartoon mystery series, and as a result, this day is known as _____ Day.
9. Born on September 21, 1947, this well-known horror author's work has been adapted over 50 times for film.
11. Once called the Mayor Daley Marathon, this marathon, which first took place on September 25, 1977, is one of the world's six major marathons, the others being Berlin, Boston, London, New York, and Tokyo.
13. This Kyoto-based company was founded by Fusajiro Yamauchi on September 23, 1889, and originally produced handmade Japanese playing cards.
14. Published by Gaston Leroux on September 23, 1909, this novel was originally published in segments in a French newspaper called *Le Gaulois* but has also been adapted into a film and musical.

Down

1. Set in the Stone Age, this popular animated family show premiered on September 30, 1960.
2. On September 12, 1970, the _____ was the first to launch a robotic probe that brought back rock samples from the Moon to Earth.
3. The Battle of the Plains of Abraham, which lasted 15 minutes and took place on a farm, led to the surrender of this city.
4. On September 13, 1899, the first ever recorded fatal _____ crash occurred in the United States.
7. This iconic Enrique Iglesias song was released on September 3, 2001.
10. This coming-of-age novel, set in 19th century Massachusetts and written by Louisa May Alcott, was published on September 30, 1868.
12. International _____ Day is observed on the third Saturday of September and is intended to bring awareness to this endangered, ring-tailed mammal.



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