# **ESPRINGBANK**

# BRINGING SPRINGBANK RESIDENTS TOGETHER



# Happy New Year Springbank from Harding's Painting!

Interior Painting and Cabinet Refinishing Specialists Creating happy customers since 1996





# YOUR HOME SOLD GUARANTEED!\*

# Call to find out more about our Innovative Consumer Programs

Virtual Tours
Guaranteed Sale Program\*
Trade Up Program\*
Blanket Home Warranty Program\*
Accepting Crypto Currency

Call us to help you navigate through the changing real estate world

Call or Text 403-606-8888 Email len@lentwong.com

\*Guarantee is being offered by Greater Property Group. Terms and Conditions Apply.

# CALGARY MAT & LINEN SERVICES

403.279.5554 calgarymatandlinen.com

We care about the safety, cleanliness, and appearance of your business.

#### **Mat Rentals & Purchases**

- Outdoor and indoor entryway mat rentals
- Customized mat rental programs to suit your needs
- Mats are regularly changed, cleaned, and sanitized
- No upfront mat inventory investment required
- Available mat types: Outdoor Scrapers, Entry Mats, Logo'd Mats, and Waterhogs
- Multiple different mat sizes available to suit your unique work environment



# Wedding and Party Linen Cleaning

- Tablecloths & napkins
- Flexible pick up / drop off scheduling
- Quick turnaround times

#### **Linen Cleaning Services**

- Towels, Sheets, Pillow Cases, & Face Cradles
- Ideal services for Hotels, Massage, Physiotherapy, and Chiropractic



### **Workwear Cleaning Services & Supplies:**

- · Uniforms, Coveralls, Gowns, Rags
- Tork Dispensers and Supplies





**VISIT OUR WEBSITE** 



**CONTACT US** 





BRAIN GAMES				SUDOKU				
		8			1			
	5						1	
9			5		2		7	
				3				
			1		5	9		
						2	3	6
			8			7		
2	7	5			6			1
	3						5	
SCAN THE OB CODE								

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!



# Word of the Month

Fortuitous: Adjective (For-too-uh-tus)
Happening by chance or showing good luck
It was rather fortuitous that the two
sisters arrived at the same time.

**Disclaimer:** The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

Great News Media and the Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

## 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







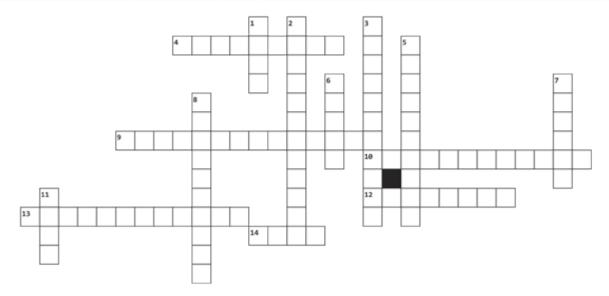
# Class Presentations & Registration

9:00-11:00 AM

**Eden Brook Reception Center** 

First Day of Classes is February 5, 2024

# January Crossword



#### Across

- 4. Every year on January 11, Sir John A. \_\_\_\_\_ Day is observed in Canada.
- 9. Premiering on January 6, 1975, this game show features multiple contestants working with the alphabet to try and solve a puzzle. It has 41 seasons.
- 10. In 1904, the first New Year's celebration was held in Times Square to celebrate the new headquarters of this popular publishing company.
- 12. January is known for being the coldest month in this hemisphere.
- 13. Before being turned into a film, *The Girl on the Train* was written by \_\_\_\_\_ and published on January 6, 2015.
- 14. Born on January 25, 1981, this talented Alicia sings "No one" and "If I Ain't Got You".



#### Down

- People born between December 22 and January 22 are considered Capricorns. Interestingly, this word comes from 'Capricornus' which means in Latin.
- 2. A true Canadian icon, this former hockey player was born on January 26, 1961, and holds the nickname "The Great One".
- 3. This gruelling survival film came out on January 8, 2016, finally winning Leonardo DiCaprio his long-awaited Oscar.
- 5. This British singer songwriter was born on January 10, 1945, and is known for his raspy voice and his album *Every Picture Tells a Story*.
- 6. This two-faced God is the symbol of January in ancient Roman myth.
- 7. This stone is the official birthstone for January and is meant to keep you safe when travelling.
- 8. On January 25, 1961, Disney put out the spotted masterpiece, *101* \_\_\_\_\_\_.
- 11. This iconic single from Canada's own Justin Bieber features Ludacris and was released and available for digital download on January 18, 2010.

# Get Noticed

# **ACQUIRE AND RETAIN NEW CUSTOMERS.**

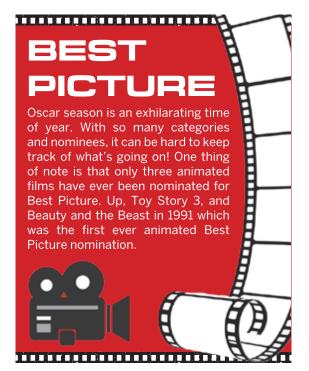
Your Ad Geofenced Precisely in Your Target Market on our Carefully Selected Network of Premium Sites.

Call 403-720-0762 | sales@greatnewsmedia.ca









# That's a Lot of Snow

Scotland has an impressive linguistic flair for describing snow—with a whopping 421 distinct words and expressions! Among them, you'll find gems like "snaw," "sneesl," and "skelf," officially documented as part of the Scottish lexicon for capturing the nuanced beauty of snow in its various forms. It's a linguistic snowscape that paints a vivid picture of Scotland's intimate relationship with the winter wonderland.



# **BUSINESS CLASSIFIEDS**

For business classified ad rates contact Great News Media at 403-720-0762 or sales@greatnewsmedia.ca

**OFFICIAL PLUMBING & HEATING:** Small company, low overhead, excellent warranties, and great rates. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting, and more. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email info@officialplumbingheating.ca; www.official-plumbing-heating.ca.

**SPRINGBANK MORTGAGE BROKER:** Save a bunch of cash! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | anita@anitamortgage.ca | Licensed by Avenue Financial.

**CALGARY FRESH JOCK:** We expertly clean sports equipment including hockey, lacrosse, football, baseball, wrestling and more. Cleaned, disinfected & refreshed for better health and performance. Conveniently located at 109, 10836 24th Street SE, Calgary. Call 403-726-9301 to keep your sports gear in top shape. Equipment pick-up / drop-off service available.

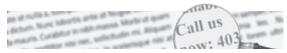
**CALGARY MAT & LINEN:** Get high-quality mat and linen services with pick-up and drop-off from Calgary Mat & Linen! We offer expert rental and cleaning for hospitality and healthcare industries. Contact us at 403-279-5554 or visit https://calgarymatandlinen.com/ to learn more and get a quote. We are located in SE Calgary.

**K2 BOOKKEEPING:** Are you too busy to keep up with your bookkeeping? Experienced bookkeeper now accepting new clients. Specializing in small to medium-sized businesses. Competitive Rates | Twenty years Experience with QuickBooks and Simply Accounting, GST, Payroll, WCB, Filing, and T4 Filings. Phone Katie 403-870-0737.

**ACUMEN APPLIANCE REPAIR:** Locally based company. Home appliances repair and installation, lint vent cleaning. All kinds and makes: stoves/ovens/ranges, fridges, freezers, washers/dryers, dishwashers, microwaves, trash compactors. Flexible hours, evening and weekend visits are available. Discounts for senior customers. Call at 587-997-4824 or e-mail acumenappliance@gmail.com.

**BARKER'S FINE DRY CLEANING:** We specialize in pressed shirts, wedding dresses, and exquisite linens, including sheets, duvets, and pillow cases. Your premier destination for impeccable garment care, situated in the heart of Douglas Glen at 109, 10836 24th St SE. For unmatched service, contact us at 403-282-2226. Pick-Up/ Drop-Off Service Available.

**NEIGHBOURHOOD CONFLICT?** Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.





# International Day of Education

January 24 is International Day of Education! The United Nations General Assembly solidified this annual observance to celebrate the role education plays in the development and peace within countries. Let's hear it for all our educators on this day, and every day!





# No matter how much you sweat, we can get the stink out!

We offer cleaning services for sports equipment and personal protective equipment, including helmets, shoulder and elbow pads, knee and shin pads, footwear, skates, or gloves – almost any equipment used by athletes or workers can be cleaned, disinfected, & refreshed.



## **OUR OZONE PROCESS**

Using ozone, our system breaks down and penetrates stains, mucus, blood, sweat, fungus, bacteria, and mould. Ozone destroys 99.9% of bacteria and viruses it comes in contact with — this includes odour causing bacteria and illness causing viruses, like staph infections.

CALL US TODAY AT 403-726-9301 calgaryfreshjock.com

## **SAFE & SOUND**

# **Sledding Safety**

by Alberta Health Services

Emergency Medical Services (EMS) would like to remind parents and children about a few toboggan/sledding safety tips as the winter season continues. Injuries may result from collisions with stationary objects on the hill, such as trees, poles, rocks, or even collisions with other people. Unprotected falls can also result in more serious injury if you lose control at high speeds. However, everyone can be safe and have fun on the toboggan hill by following these reminders.

#### **Equipment**

- Always ensure your toboggan, or sledding device, is in good repair. Inspect it for any damaged or missing parts before each use.
- Be certain the operator is fully capable of staying in control of the sled at all times.
- Wear a ski helmet, designed for use in cold weather and high speeds.

#### Hazards

- Avoid hills that are too steep or too icy.
- Choose hills free of all obstacles such as trees, rocks, utility poles, benches, or fences.
- Beware of loose scarves, or clothing containing drawstrings, which could present a strangulation hazard if they become caught or snagged.
- Look out for others. Move quickly to the side after finishing a run and stay to the side of the sliding path when walking up the hill.
- Children should be supervised by an adult; never toboggan alone.
- Tobogganing at night is not advised.

#### Plan Ahead

- Dress warmly in layers and anticipate weather changes.
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones.
- Take breaks out of the cold to warm up.
- Attempt to cover any exposed skin.
- Even when properly protected from the elements, the fingertips, toes, ears, the tip of the nose, and other high points on the face, such as the forehead and cheek bones can be affected by frostbite.
- If frost bite has occurred, treat it by first removing the individual out of the cold environment. Gently warm the affected skin by placing a warm hand over it, or by placing the affected part in warm - not hot - water, until re-warmed.

### TAKE ON WELLNESS

# **Understanding Mental Health**

by Alberta Health Services

Mental Health is complicated. There are so many ways to talk about it and it can get confusing. To better understand, Mental Health Literacy developed a tool known as "the pyramid" that consists of four layers. The base of the pyramid is the largest, which is related to the number of individuals in this state. Therefore, as the pyramid gets smaller so does the amount of people who may experience this state. Let's take a closer look at what the four levels of the pyramid are.

#### 1. No Distress, Problem, or Disorder

This is the bottom level and the largest of the pyramid. This is when everything is okay, and you are not experiencing any mental distress, problems, or disorders.

#### 2. Mental Distress

The next layer up is mental distress. Distress releases a signal from our brain indicating the need to adapt to our environment and that there is a problem to solve. Triggers of distress are unavoidable, but the process is necessary for life-skills promoting and building resilience. An example is having an argument with your boss. Once you figure out a solution the mental distress goes away.

#### 3. Mental Health Problem

The second layer from the top is mental health problems, which can mean that we are having difficulties and may need external help such as counselling or community support. This can arise from a stressor of great amount, such as the death of a loved one.

#### 4. Mental Disorder/Illness

Located at the top of the pyramid is mental illness. This occurs when there is disruption in usual brain functioning. This disruption is the result of our genes and our environment from the time of conception and throughout our life. Examples of this can be the diagnosis of ADHD, Clinical Depression, and Anxiety.

Now that we have a better understanding of these terms, here are everyday things you can do for your mental health, also known as the "Big Five to Thrive!"

- Exercise: This could be a walk in the community or a session at the gym.
- **Sleep:** The optimal amount needed varies for everyone. Put away your phone and snuggle up for a good night's sleep.
- **Supportive Relationships:** Develop and maintain positive relationships with family, friends, and community. Surround yourself with those who lift you up.
- **Nutrition:** Incorporate healthy foods that are easy to make and taste great!
- **Helping Others:** Get involved in your community coalitions or volunteer with local charities.

It has been shown that improving even one of these areas translates to improvement in the other areas. Consider steps that are realistic for you to better your mental health!





403-607-0316 info@mvpcanada.ca







# we specialize in

**Stucco Coatings** Stucco Repair

# hassle-free exterior restorations.

Mountain View Painters is a full-service painting company, specializing in elastomeric stucco coatings. We have access to a wide array of top-quality products that are proven to improve the durability and appearance of your property, guaranteed!

## the leading professionals in:

- **Exterior Painting**
- **Interior Painting**
- Powerwashina
- Colour Consultation ...and much more

mvp

**Calgary Owned** and Operated!

mvpcanada.ca

find us on







houzz