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## PRESIDENT'S MESSAGE

Greetings to all our community residents! As we are now well into the winter season, we do hope that you are able to enjoy winter activities with your family. I wanted to remind everyone that we have two great seasonal ice rinks available for your recreational skating enjoyment. We hope that many of you have the opportunity to use these facilities and we welcome any feedback as we continually look for improvement opportunities. Feel free to email us at [info@springbankhill.org](mailto:info@springbankhill.org) and we will make sure to pass your feedback along to our two rink teams.

It's also registration time for our spring children's soccer and t-ball program. This recreational soccer and t-ball program is designed for children aged 4 to 6. For more information regarding this program and registration details, please see the article in this newsletter.

I want to take this opportunity to acknowledge and thank Fiona Christiaansen for running another successful AGLC casino fundraiser event this past December. Fiona is a past-president and long-time board member of our Springbank Hill Community Association and continues to participate as a volunteer. As our casino chair, she was responsible for the planning, organizing, and running of this event, including the recruitment of our volunteers. Our success in raising AGLC casino funds, which will be used for our future capital improvement projects, would not be possible without Fiona's leadership so many thanks once again to you, Fiona!

In closing, we remind everyone that your community association is a volunteer organization and that while we have many excellent and engaged residents on our teams, we can use more help, so if you are interested and able to participate as a volunteer and/or board member, get in touch with us, and we can review the available positions with you.

Warm Regards,

*Elio Cozzi, President – Springbank Hill Community Association*



## Become a SBHCA Business Member

Springbank Hill is a vibrant and growing community. The rolling hills, trees, open spaces, and pathways are something that makes our community attractive to so many families and individuals. Through our ongoing communications with members, our events, and community properties (e.g. The Springbank Hill Community Park and Garden), we strive to create a vibrant and supportive neighbourhood. Having Calgary businesses become SBHCA members by supporting our programs and providing a sense of belonging for our residents is an important next step.

We are pleased to announce that businesses within the Springbank Hill community area, and within Calgary, can purchase a business membership. Whether you are a home-based business, an entrepreneur, a small business, a large company, or a not-for-profit, we would love to have you join!

It would be great, although not necessary, for your organization to offer our residential members discounts on your merchandise and/or services. We will promote your discounts to our members.

The annual fee for a 12-month rolling membership is \$35. To join today please visit <https://springbankhill.org/business-members/>.



## New – SBHCA Residential Membership Changes!

We are pleased to announce that effective September 1, 2022, our residential membership will be a 12-month rolling membership. What this means is that your membership will expire 12 months after you signup, as opposed to expiring at the end of August every year.

If you have any questions, don't hesitate to contact us at [membership@springbankhill.org](mailto:membership@springbankhill.org).

# Welcome to Our New Soccer and T-Ball Program Coordinator!

by Shelly Smith

Please join me in welcoming Laura Butynets as SBHCA's new soccer and t-ball program coordinator. Laura is taking over from Cherine Russell, who held this volunteer role for many years.

Laura is excited about getting to know families and children around the neighbourhood and seeing children play soccer and t-ball. Her son played last year and loved it!

I asked Laura for the reason that she volunteers. She believes it is important to contribute to the community in which our family lives and our children are growing up in. Volunteering also provides Laura with a sense of community and belonging.

For eager parents wanting to register their children for soccer or t-ball, the season will run for eight weeks, from April through June. Sign up will begin online at [springbankhill.org](http://springbankhill.org) in February. Please note that you will need a current SBHCA residential membership to sign up your children for soccer and t-ball.

Laura encourages parents to sign up for volunteer duties when they are registering their child for the program online (you will see a section for volunteer opportunities). For other individuals wanting to help out, please contact Laura at [recreation@springbankhill.org](mailto:recreation@springbankhill.org).

Laura and her family love living on Springbank Hill. They enjoy the quick train access to downtown, our parks, schools, and so much more.



## A Successful Casino Fundraiser for SBHCA

by Fiona Christiaansen, Casino Chair, SBHCA

Our volunteers braved the -30°C temperatures on December 19 through to the early morning hours of December 21 as volunteers at our casino fundraiser at the Deerfoot Casino. Without the commitment of our volunteers' time, we would not be able to undertake this amazing event. Thank you for your volunteerism:

- Colleen Blanchette
- Aaron Brown
- Alex Causuga
- Jeff Charlton
- Fiona Christiaansen
- Elio Cozzi
- Paula Cozzi
- Jeff Davidson
- Brent Ford
- Joe Francis
- Dan Hnatyshyn
- Greg Harris
- Kip Hritzuk
- David Jupp
- Robin Kapadia
- Larry Kozy
- David Krull
- Mary Kuntz
- June Lai and her husband
- Ansuya Metha-Nair
- Terry Morrison
- Marshall Naruzy
- Michela Naruzy
- Eryn Paterson
- Kiyomi Planidin
- Matthew Pounden
- Shelly Smith
- Todd Stretch
- Saige Stretch
- Liz Stretch
- Bernice Thomas
- Michell Waldorf

We hope to raise between \$65,000 to \$75,000 from this event, which will be used for many future Springbank Hill community projects.

# BOARD OF DIRECTORS

## BOARD OF DIRECTORS

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Shelly Smith	Director, Memberships, Sponsorships, and Newsletter	membership@springbankhill.org
Sola Ajiboye	Director, Grant Funding	info@springbankhill.org
Peter Agbongiator	Director, Traffic and Safety	traffic@springbankhill.org
Amaka Nwonye	Director, Events	info@springbankhill.org
Cooper Xu	Director	info@springbankhill.org
Vacant	Director at Large	



## VOLUNTEERS

Laura Butynets	Soccer and T-Ball Sports Program Coordinator	recreation@springbankhill.org
Dave Walker	Springbank Hill Scout Troop #137	springbankhill137scouts@gmail.com
Paul Duncan	Springbank Hill Rink Coordinator	info@springbankhill.org
Fiona Christiaansen	Casino Fundraiser Lead	
General Inquiries	info@springbankhill.org	
Memberships	membership@springbankhill.org	

## HOMEOWNERS ASSOCIATION

Springbank Hill Homeowners Association	info@sbhha.com, www.sbhha.com
The Slopes Community Association	www.theslopes.ca
Springborough Homeowners Association	www.springborough.ca

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Springbank Hill  
Content**

INCLUDING

- **News and Events**
- **Real Estate Statistics**
- **Crime Statistics**

and more...

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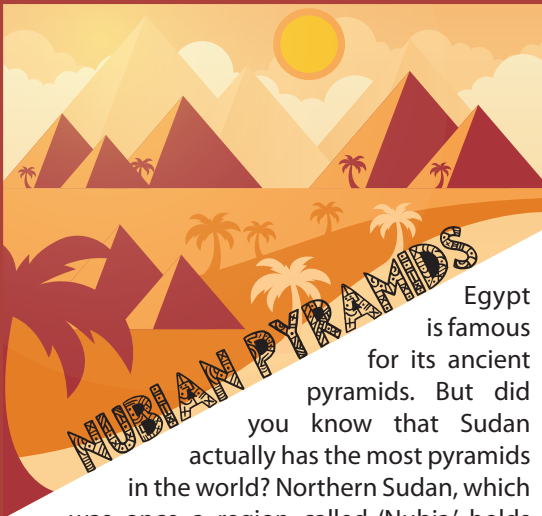
## Become a Springbank Hill Volunteer!

With our continued commitment to making Springbank Hill an active, safe, and desirable community, we are looking for residents, like you, to join our association board or become a volunteer.

If you are passionate about Springbank Hill and want to help, the following positions may be a great fit for you:

1. Community Gardens Operations and Maintenance Team – Volunteer or Board Member
2. Events Committee – Volunteer or Board Member
3. Membership Committee – Volunteer
4. Board Member at Large – Director position on the Board

Contact us at [info@springbankhill.org](mailto:info@springbankhill.org) to learn more!



Egypt is famous for its ancient pyramids. But did you know that Sudan actually has the most pyramids in the world? Northern Sudan, which was once a region called 'Nubia', holds 220 Nubian pyramids made of sandstone and granite. These structures were built by the ancient Kushite kingdoms and were ruled by Egyptian pharaohs who had fled Egypt.

## Check out SBHCA's Partner & Sponsorship Program!



SBHCA partners and sponsors are essential to helping us raise funds for events (e.g., our annual Pumpkin Festival, Movies in the Park) and properties (e.g., Springbank Hill and Montreux Outdoor Rinks, the Community Garden). It is also a great way for organizations to connect with our residents at a grassroots level.

If you have any questions, or would like to discuss an opportunity further, please contact us at [membership@springbankhill.org](mailto:membership@springbankhill.org) or further details can be found at <https://springbankhill.org/partners-sponsors/>.



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*Happy Hearts Day!*

## Valentine's Day Trivia

*by Shelly Smith*

Here's a fun quiz to test your knowledge of Valentine's Day. Have fun with it!

1. What day does Valentine's Day fall on?
  - a. February 1, 2023
  - b. February 14, 2023
  - c. April 1, 2023
2. Who created the first heart-shaped chocolate box in 1861, but didn't patent it?
  - a. Richard Cadbury
  - b. Milton Hershey
  - c. Daniel Peter
3. Who is said to be the first to record Valentine's Day in writing?
  - a. Guido Cavalcanti
  - b. Geoffrey Chaucer
  - c. William Shakespeare
4. What was the name of Venus' (Goddess of Love) son?
  - a. Apollo
  - b. Cupid
  - c. Zeus
5. What does a florist call a single red rose surrounded by baby's breath?
  - a. A signature rose
  - b. A rosette
  - c. A love rose
6. What very successful social media site launched on February 14, 2005?
  - a. Facebook
  - b. Twitter
  - c. YouTube

Answers can be found at <https://springbankhill.org/sbhca-valentines-day-trivia-answers/>. All answers were found by completing a Google search.





### Self-Care O'Clock

Taking care of your whole self, mentally, emotionally, physically, and spiritually, is important. Bringing our body and brain into harmony can bring upon improvements in all areas of our lives.

As humans, we are programmed to help others. However, to do this in an effective and sustainable way, we need to take care of ourselves. As the saying goes “you cannot help others if you do not help yourself first.” So, when is the last time you truly focused on you?

Self-care looks different for everyone. It is a journey to find what you need to prioritize as actions for yourself to feel relaxed, energized, and strong! Here are some ways you can take care of your whole self:

**Eat:** Bake some treats, make a tasty salad, or cook your favorite meal. Say “yes” to what you want and enjoy every bite. You need to nourish to flourish!

**Make Space:** Have a space in your home that you can call your own and where you can reset. This could be a beanbag chair in a cozy corner, or a window with a view.

**Heart Health:** Take a deep breath and let it out slowly. Breathing exercises power our nervous system, helping us push away distractions and make decisions with a clear mind.

**Connect:** Surround yourself with people who support and uplift you. Focus on face-to-face interactions and connecting with a meaningful community.

**Unplug:** Limit daily technology use. Try to shut down screens an hour before bed and set up healthy boundaries with use during your day.

Most importantly, listen to what your body and brain need and meet those needs in ways that make sense for you!

### *Tessa and Scott*

Tessa Virtue and Scott Moir made history in February 2010 at the Vancouver Winter Olympics when they became the first North Americans and youngest skaters to win gold in ice dance. Holding five Olympic medals, this beloved Canadian pair is the most decorated in Olympic figure skating history. What a legacy!





**Photo Courtesy of Shelly S.**

## Share Your Photos!

We are always looking for great community photos to post on our website, in our social media, and in our Newsletter. If you have some great shots that you would like to share, please email them to [info@springbankhill.org](mailto:info@springbankhill.org) along with your name, and you just might see your talent featured in our next issue.



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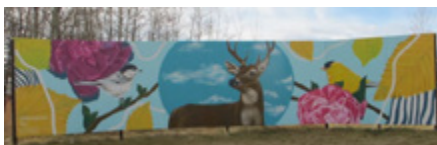
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# Belong

to your community



## Springbank Hill Community Association

*For only \$25 per year, your family can belong to the Springbank Hill Community Association and experience the many benefits of being a member.*

When you become a community member, your household receives the following:

- Access and discounts on various events in our community
- The ability to rent one of our community garden boxes
- Advocacy on community concerns relating to safety, development, and the natural environment
- Opportunities to provide input on community capital projects
- A voice in our community

Only registered members receive regular community emails and digital newsletters to inform them of events, programs, news, and matters in our community. The membership fee also helps us fund all the different initiatives that make our Springbank Hill community a safe, fun, and friendly place to live. To join as a member, please visit our website at <https://springbankhill.org/membership/>.

The community association appreciates your financial support, especially this past year with the reduction in our revenues due to the pandemic.

## Decluttering? Tips for Selling Your Used Items Online

*From the Better Business Bureau*

The start of a new year is a great time to clean out your home and organize your living spaces. But what should you do with the gently used clothing, furniture, home items, or electronics that you aren't using anymore? Fortunately, online marketplaces, such as Craigslist, Facebook Marketplace, Ebay, and Poshmark, make it easy to sell without even leaving your home.

That said, there are a few perils to selling used items online. To avoid the dangers and to successfully make sales, BBB recommends the following tips.

### How to Stay Safe When Making Online Sales

#### Choose an appropriate platform

Nerdwallet recommends that "before you sell stuff online to make extra money, determine the ideal venue for your goods." There are dozens of online marketplaces to choose from, but many of them focus on a specific kind of used goods, such as electronics or designer clothing. Before you create an account with a marketplace, make sure it is a good fit for the kind of goods you want to sell.

#### Know the worth of your items and price appropriately

To determine the value of an item you want to sell, Consumer Reports suggests searching for similar items on the site where you plan to list. If you are selling an item that was never used and is still in its original packaging, remember that technically it is still coming to the buyer second-hand, so you'll need to charge a little less than the original retail value if you want to make a sale.

#### Watch out for shady buyers

Con artists often pose as buyers in scams. Sometimes they offer to overpay for an item, but that's not their only tactic. Beware of buyers who ask you to make transactions outside of the selling platform or those who ask for personal information, such as your banking information.

#### Be extra cautious when making local sales

Some platforms allow you to meet up with people in your local area to exchange your item for cash in person. While this can be an effective way to sell big items and



avoid marketplace fees, use caution when meeting up with strangers. Don't be quick to give them your home address, instead ask buyers to meet you in a safe place, such as outside your local police department. Never meet up with a buyer you don't know alone. Always bring your partner or a friend to make the transaction.

#### Always protect your personal information

As you sell items online, keep your sensitive personal information under lock and key. Avoid communicating with buyers outside of the online platform you are using to make the sale and don't give out your home address, phone number, or email address.





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October 22	11	11	\$968,000	\$920,000
September 22	20	13	\$799,900	\$795,500
August 22	15	11	\$845,000	\$820,000
July 22	12	15	\$750,000	\$745,000
June 22	29	14	\$1,149,450	\$1,127,500
May 22	25	23	\$769,900	\$821,800
April 22	29	30	\$799,900	\$810,750
March 22	51	49	\$730,000	\$765,000
February 22	40	33	\$760,000	\$905,000
January 22	21	19	\$735,000	\$795,000

To view more detailed information that comprise the above  
MLS averages please visit [sph.mycalgary.com](http://sph.mycalgary.com)



## February Is Heart Month

Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing may make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack may significantly improve survival and recovery. February is Heart Month: take the time to be heart safe and learn how you can reduce your risk.

### Common Signs of a Heart Attack

(Any, or all, of these signs and symptoms may occur)

- Chest discomfort described as simply a mild pressure up to a 'crushing' pain; may also be 'squeezing' or a 'heavy' sensation.
- Discomfort may move to the shoulders, arm, neck, or jaw.
- May include shortness of breath, sweating, or nausea/vomiting.
- Signs may vary person to person and can differ between men, women, and the elderly.

### Heart Attack Risk Factors

- Obesity\*
- Sedentary lifestyle\*

- Smoking\*
- High cholesterol\*
- Age/Gender
- Family history

Speak with your doctor about how to treat your modifiable (\*) risk factors and learn to be heart safe.

### What To Do When Seconds Count

- Call 911, immediately. Early treatment can greatly reduce heart damage and be the difference between life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous, and perform an electrocardiogram (ECG).
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will share information with the hospital so that definitive treatment can begin immediately upon arrival.
- Take a CPR/AED course. Training is widely available from many reputable organizations. It's easy and could make a significant difference in the outcome of someone experiencing a heart attack.



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Real Estate (Central)

\* MLS data, Calendar 2022. Detached homes on the Westside – the combined communities of West Springs, Aspen Woods, Springbank Hill, Discovery Ridge, Signal Hill, Christie Park, Strathcona Park, Coach Hill, Patterson, & Cougar Ridge.