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THE OFFICIAL SBHCA COMMUNITY NEWSLETTER



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PRESIDENT'S MESSAGE

Happy New Year to all our Springbank Hill community residents! We hope that you have enjoyed a safe, healthy, and fun filled holiday period as we now enter a new year. Our board of directors has continued to meet monthly to discuss capital project plans, community events, and the operation of our seasonal facilities.

We encourage our residents to check out one of our two seasonal ice rinks now in operation. We have one rink located in the park on the north side of Springbank Blvd just east of Springbank Crescent SW. Our second rink is located towards the southern end of St Moritz Drive in the park on the west side. Many thanks to our teams of volunteers who work tirelessly to keep the rinks running smoothly. We welcome any feedback from our residents on your experience at these two facilities.

If you are looking for a short walk instead of skating, you can visit our Springbank Hill Community Park on the south side of 26 Ave SW across from Griffith Woods School. We do have an all-season zip line for children to try out and you can also enjoy a walk along the pathways in the 6-acre natural area of this park.

Stay tuned to our Facebook page and website for announcements about upcoming events. We hope you are able to enjoy the winter season to the fullest!

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 sign up, 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.

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| Carly Deibler | Secretary and Director, Social Media | secretary@springbankhill.org |
| Alex Casuga | Director, Community Rinks | planning@springbankhill.org |
| Dan Hnatyshyn | Montreux Rink Coordinator | somrink@springbankhill.org |
| Jeff Davidson | Director, Community Gardens | communitygrowers@springbankhill.org |
| 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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INCLUDING

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

and More...

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sbhcayc

House Calls for Homebound Seniors

by Dr. Natalia Smith

Springbank Hill residents are privileged these days as a care of the elderly physician, Dr. Natalia Smith, has started doing home visits to homebound seniors in the community. It's a free service when you have a valid Alberta Health Care number.

You may have heard of the Seniors Home Based Primary Care, where the Calgary West Central Primary Care network and Alberta Health Services collaborated to provide primary care in people's homes since 2017. A recent agreement with Alberta Health Services has expanded the program beyond the borders with additional specialized family physicians attending to people's homes around the city.

If you, or someone you know, is an individual who is at home and has not been able to see their family doctor due to physical, cognitive, behavioural, or other health reasons, please contact Dr. Natalia Smith to see if you are eligible to be part of this free program: natalia.smith@albertahealthservices.ca or 403-619-7211. You can also ask your homecare case manager if you have one.



Thank You to Our Outgoing Board Members and Volunteers!



The last Springbank community board meeting was held on October 26 in conjunction with the AGM. At the meeting, we said goodbye to some long-standing board members and volunteers, thanking them for their volunteer service:

- Mathieu Counsineau, Board Member
- Nancy Farrah, Board Member
- David Jupp, Board Member
- Marshall Naruzny, Board Member
- Prat Varshney, Board Member
- Cherine Russell, Soccer and T-Ball Program Coordinator

We also welcomed some new board members:

- Peter Agbongiator, Director, Traffic and Safety
- Amaka Nwonye, Director, Events
- Cooper Xu, Director-at-Large

We are always looking for great, committed, community members to volunteer for positions on our board. If you are interested, please contact us at info@springbankhill.org.



New Year's Eve in Times Square

New Year's Eve in Times Square is quite the spectacle, with live entertainment, fireworks, and a ball drop at midnight. But did you know that the first New Year's celebration held in this square had a slightly different purpose? In 1904, Adolph Ochs organized the event to celebrate the new headquarters of his publishing company, The New York Times!



Who Do You Call?

Thank you to James Runge, who is our City of Calgary Neighborhood Coordinator, for passing this information along to share with residents of Springbank Hill.

Calgary Police Services: Break-ins, suspicious behavior, vandalism to the community.

911 Emergency Dispatch: Crime happening now, danger to people or property.

Non-Emergency Line (403-266-1234): Crime not in progress, no danger to people.

Online Reporting for Non-Emergency Issues

1. Go to www.calgarypolice.ca.
2. Look for "Report a Crime" and click "Submit an online report."
3. Look for "Reports you can submit online."
4. Click on "File a report" below the list of reportable crimes.
5. Choose the check box that best describes your situation and click "Start report."
6. Enter your information. Be prepared with your driver's license.

* If you are reporting a crime in progress, dial 911.

City of Calgary Resources

- **311:** For City services, non-emergency, and non-law enforcement related services (e.g., bylaw related issues, potholes, and street cleaning).
- **Parking:** Call Calgary Parking Authority at 403-537-7000 or 1-888-544-401.
- **Bus/Train:** Call Calgary Transit at 403-262-1000.
- **Resolving Issues with Your Landlord:**
 - Put your complaint or request-for-service in writing.
 - Ask for all responses in writing; email is okay.
 - Keep copies of everything you send and everything you receive if your issue continues.
 - Document fully the issues that you are facing, with photos if possible.
 - If you resolve your issue, contact the Residential Tenancy Dispute Resolution Service for advice at www.alberta.ca/residential-tenancy-dispute-resolution-service.aspx.

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 to learn more!



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 or further details can be found at <https://springbankhill.org/partners-sponsors/>.

Fly Safely on Your Vacation

from the Better Business Bureau



Are you thinking about traveling by air for a few days?

Before Clicking the Button to Buy Tickets, BBB Recommends the Following:

- Check current requirements for domestic and international travel. In Canada, look for Canadian travel advisories.
- Make sure everyone who is traveling has the appropriate ID. Make certain parties traveling together have a current compliant ID as required by the provinces or countries you're traveling to.
- Read all cancellation policies carefully. Not all situations require a full refund of the ticket value and fees if your flight is canceled. Each online travel agency, airline, and broker is different.
- Book tickets only after reviewing travel restrictions. Save time and stress by reading the updated status of restrictions on the Health Canada website.
- Consider trip insurance. Have a complete understanding of what the policy does and does not cover.

- Be an informed traveler. Refer to the Department of Transportation website for details on consumer issues, filing complaints, and other aviation information.
- Avoid hidden fees. Read the fine print!

Flying isn't the only aspect of your trip to consider.

Here Are Some Other Travel-Related Resources from BBB:

- **Rental cars:** Make your next car rental experience a little easier.
- **Hotel rooms:** Learn what to keep in mind when booking a hotel room.
- **Travel agents:** Know what to look for in a travel agent and find one near you.

During the holiday or any time of year, find ways to travel safely and avoid scams. If you plan to travel to or from Canada, check for travel advisories. Remember to report any suspicious activities to BBB Scam Tracker and sign up for Scam Alerts.

For more information go to BBB.org.



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 along with your name, and you just might see your talent featured in our next issue.



National Hot Tea Day

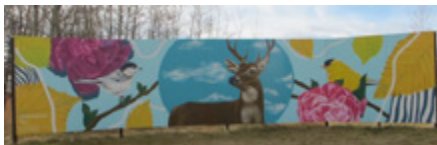


We have ancient China to thank for tea, the most consumed beverage in the world aside from water. According to myth, tea was discovered when a dead leaf from a wild tea bush fell into an emperor's cup of boiled water. Thousands of years later, we still love tea, so much so that January 12 is National Hot Tea Day. In honour of this day, why not brew yourself a nice hot cup of tea!



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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.

Old Fashioned Fish Pie

by Jennifer Puri



Simple and traditional, Fish pie is a comfort food that originated in Scotland and is an integral part of the culinary heritage of the British Isles.

Sweet, soft, salty, and smooth, comfort foods are associated with a feeling of emotional well-being.

Mashed or fried potatoes were the original comfort food, along with Chicken soup, meatloaf, perogies, and Mac and Cheese.

Comfort foods are a trend that is constantly evolving and is reflected in our modern-day versions such as chips, ice cream, cookies, pizza, pasta, and burgers.

A classic cold weather dish, Old Fashioned Fish Pie uses white fish fillets, prawns, leeks, and spoonfuls of fresh herbs. It pairs well with soups, salads, cooked peas, or carrots.

The mashed potatoes used in this recipe can be substituted with sliced potatoes, puff, or crust pastry.

Prep Time: 40 minutes

Cook Time: 1 hour 45 minutes

Servings: 4 to 6

Ingredients:

- 1 ½ lbs skinless white fish fillets
- 12 raw tiger prawns
- 2 ½ lbs of peeled potatoes
- 3 ½ cups milk

- 2 cups leeks finely chopped
- 2 Bay leaves
- 10 peppercorns
- 10 tbsps. of butter
- ½ cup all purpose flour
- 5 tbsps. of chopped fresh parsley
- 4 tbsps. of chopped fresh dill
- Salt and black pepper to taste

Directions:

Place the milk, bay leaves, peppercorns, and leeks in a saucepan and bring to boil. Simmer on low heat for 10 minutes and then strain the mixture and set aside.

Arrange the fish fillets in a large pan and pour the strained mixture over them and simmer on stove for 5 to 7 minutes. Remove fish fillets from pan, flake the fish, and then place in a medium size baking dish. Arrange shelled prawns on top of the fish and set aside.

Melt half the butter in a saucepan over medium heat, stir in the flour, and gradually add the flavoured milk. Simmer until sauce thickens (about 10 minutes). Remove saucepan from stove and stir in the parsley, salt, and pepper to taste. Pour the sauce over the fish and prawns.

Boil peeled potatoes in salted water until soft then drain and mash. Add the remaining butter, chopped dill, and salt to taste. Spoon the mashed potatoes onto the fish and prawns spreading it evenly. Bake in a pre-heated oven at 350 degrees Fahrenheit for about 45 minutes or until the potatoes are crusty and golden brown. Serve immediately.

Bon Appétit!







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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 |
| December | 21 | 5 | 8 | \$1,135,000 | \$1,135,000 |

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Real Estate (Central)

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