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# DYNAMITE!

When K-Pop group BTS released their single "Dynamite" on August 21, 2020, they changed the music industry forever. Their upbeat music video set an impressive world record by becoming the first video to be watched more than 100 million times in just 24 hours on YouTube! Talk about explosive popularity!

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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!



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## SPRINGBANK COMMUNITY ASSOCIATION BOARD OF DIRECTORS



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### SCHS Community Youth Representative

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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!

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TO VIEW ADDITIONAL  
SPRINGBANK CONTENT





Springbank  
**LADIES**  
TIME OUT

**SAVE**  
*The Date*  
Monday,  
**September 16, 2024**

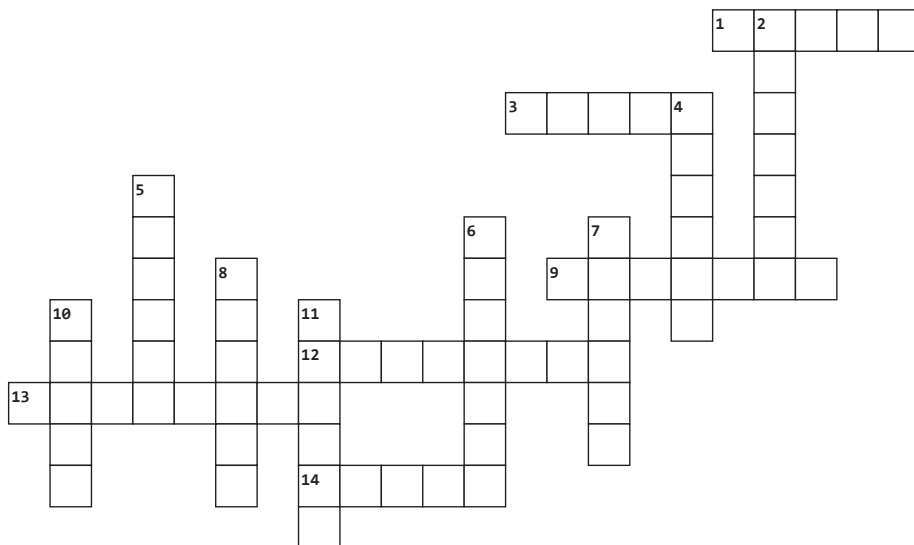
## **Class Presentations & Registration**

**9:00-11:00 AM (Get there early!)**  
**Eden Brook Reception Center**

**First Day of Classes is**  
**September 23, 2024**

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# August Crossword



## Across

1. One of two birth flowers for August, this flower symbolizes remembrance and is often used to honour veterans who have passed away in war.
3. On August 28, 1963, in Washington D.C., civil rights activist and reverend, Martin Luther King Jr. gave his inspiring "I Have a \_\_\_\_\_" speech.
9. This yellowish-green gemstone is one of three birthstones for August, the others being the spinel and sardonyx.
12. On the first Monday in August, Albertans celebrate \_\_\_\_\_ Day, which recognizes the multicultural landscape of the province.
13. In August of 1896, George Carmack was the first to find gold at Bonanza Creek, Yukon, sparking the \_\_\_\_\_ Gold Rush.
14. The Summer Olympics takes place in which French city from July 26 to August 11 this year?

## Down

2. Canadian filmmaker James Cameron, famous for movies such as *Titanic*, *Avatar*, and *The Terminator*, was born on August 16, 1954, in Kapuskasing, \_\_\_\_\_.
4. The fantasy novel *A Game of Thrones*, written by George R.R. \_\_\_\_\_, was first published in August of 1996.
5. August is a popular name for boys in this Scandinavian country.
6. On August 8, 1969, The \_\_\_\_\_, took to the street to take the cover photo for their album *Abbey Road* which featured songs such as "Here Comes the Sun", "Come Together", and "Octopus's Garden".
7. The Perseid \_\_\_\_\_ shower is one of the best shooting stars displays which Canadians can view on the eve of August 12 this year.
8. The saying "The Dog Days of Summer" is linked to the rising of the star called \_\_\_\_\_, also known as the Dog Star.
10. Canadian actress, Evangeline \_\_\_\_\_, famous for her role as Kate Austen in the drama series *Lost*, was born on August 3, 1979, in Fort Saskatchewan, Alberta.
11. Michael \_\_\_\_\_ set the record for the most gold medals by an athlete in a single Olympic Games in Beijing, 2008.



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



# A Dietitian's Guide: Tips for Making Back-to-School Lunches Your Kids Will Enjoy

by the Primary Care Network



Packing healthy lunches kids will actually eat can be a difficult task for parents and caregivers during the back-to-school season. While balanced meals are an important part of fuelling minds and bodies, it can be hard to juggle enjoyment with nutrition.

Dietitians from the Primary Care Network share their tips for making back-to-school lunches nutritious, delicious, and enjoyable.

### 1. Involve Your Kids

Involving kids in meal prepping is key to helping them discover their own preferences and teaching healthy eating habits. Giving kids the opportunity to make choices – like at the grocery store – helps to foster positive connections with food. When kids can be involved, there's more buy-in.

### 2. Presentation is Key

Presenting food in a fun and easy way can make healthy food more appealing – especially when faced with a short school lunch break. Instead of a sandwich, try a meat and cheese kebab or offer sliced apples instead of a whole apple. Opting for a bento-style lunch box can also make packing easier and allow kids to select from a variety of foods – proteins, carbohydrates, colourful fruits, veggies, and healthy fats.

### 3. Balance and Variety

Aim to add an assortment of fruits, vegetables, whole grains, and lean proteins. Pairing new foods with familiar favourites is a great way to help kids add variety to their diet. Don't be afraid to include a fun food, like a cookie or chocolate. Enjoyment is an important part of balanced eating and building a healthy relationship with food.

## Springbank Community Association Summer Camps

Back by popular demand!

Please visit our website at [www.springbankcommunity.com](http://www.springbankcommunity.com) to register.

Weeklong full day camps for \$225 (subsidized for Rocky View residents):

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## JOKE OF THE MONTH

WHAT KIND  
OF KEY OPENS A  
BANANA?  
A MONKEY





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## GAMES & PUZZLES

### Guess The Drink!

1. On August 28, 1898, Caleb Bradham invented this sweet, carbonated drink originally called "Brad's Drink" which was used to relieve dyspepsia (indigestion).
2. In 1969, Walter Chell invented this drink in Calgary which is typically made from Clamato juice, Worcestershire sauce, spices, and vodka.
3. This non-alcoholic drink is named after an iconic 1930s Hollywood child actress.
4. This drink has been around for thousands of years. Legend has it that in 2737 BC, Chinese emperor Shen Nung discovered it while sitting underneath a tree with boiling water.
5. This sparkling wine is named after the region from which it is produced.
6. This caffeinated energy drink from Austria "gives you wings".

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