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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!



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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



Springbank Ladies Time Out

WHAT IS Springbank LTO?

We are Non-Profit Women's Club, creating community and supporting new friendships in Springbank and the surrounding area.

We offer cooking and crafting classes, private massage and Reiki sessions, and a weekly Coffee & Chat meet-up on Mondays!

Sessions are
September - November
February - June

Membership price per session is \$25

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9:00am - 11:00am



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Word of the Month

Accismus:
noun (uhk-siz-muhs)

When someone pretends to be indifferent about or feigns refusal of something they desire.

"Oh no, you shouldn't have," Sara said with a hint of accismus as her friend purchased her long-awaited coffee for her.



WINDOWS 1.0

Microsoft introduced Windows 1.0 on November 10, 1983, but it took almost two years to release. When it launched on November 20, 1985, anyone with a personal computer could use programs such as Calculator, Paint, Notepad, Write, Clock, and even the game Reversi!

Making Lifestyle Changes After a Health Scare

by Alberta Health Services

If you have recently had a health scare, your doctor has likely indicated that lifestyle changes are necessary for your new way of life. Whether it's getting active, eating better, or prioritizing your health, goal setting can help you take the steps you need to keep you on the right path.

If you are ready to make a change, it can help to start with one or two goals and break them down into smaller steps. Change can be hard, especially if we try to make too many changes at once. You are more likely to reach smaller goals.

You can use the Setting Goals for Lifestyle Change worksheet to set a goal that's important to you and that you can reach. You are the expert in your life and the best judge of what will work for you.

The goal-setting worksheet guides you through the following steps:

- 1. Choose a goal that is important to you.
- 2. Break your goal into smaller goals.
- 3. Make your goal SMART.
- 4. Finish your plan by thinking about:
 - things that might get in the way of your goal;
 - people who can help you;
 - ways to track your progress.

Three-Day Food and Activity Journal

Use this journal as a tool to help you meet your eating goals. When you review your journal, you can see the progress you've made, or you may decide to make new goals.

How to Fill in the Journal

- Print or save the Three-Day Food and Activity Journal.
- Write down everything you eat and drink. You may want to record one weekday/workday and one Saturday or Sunday (day off).
- Include:

- 1. How much food you ate. See the suggestions below to estimate portion sizes. If the food comes in a package, just write down the package size. Example: 175 mL container of yogurt.
- 2. How the food is cooked (for example: fried, baked, boiled, barbecued)
- 3. Anything you add to food, during or after cooking. Example: cream, sugar, oil, butter, jam, syrup, ketchup or other sauces, dressings or condiments.
- 4. Details about restaurant foods, fast foods, or packaged foods (for example: McDonald's Big Mac® or KFC® chicken).
- Measure the food you eat for a day or two to help you understand how much you eat and drink. Use measuring cups and spoons.
- Write down all your activities for the day. Include planned activities (going for a walk or swim) and activities of daily life (housework or grocery shopping). Comments may include where you ate, your mood, or stress level.
- Print more copies of the journal if you need more space to write.
- Read over your journals to see what is working well and what you may want to change.
- Keep on tracking. Use this tool to help you meet your goals, or to make new goals.

To estimate portion sizes, use the guidelines below:


This amount of food:	Is about the same size as:
2½ oz (75 g) of meat	a hockey puck
1½ oz (50 g) of cheese	2 white erasers
1 cup (250 mL)	a baseball or fist
½ cup (125 mL)	a hockey puck
1 medium piece of fruit	a tennis ball
2 tbsp (30 mL)	1 golf ball
¼ cup (60 mL)	2 golf balls
1 tsp (5 mL) – use for butter, margarine, mayonnaise	a thumb tip or one die

Example of how to fill in your food journal:

Meal	Day 1: Thursday	Day 2: Saturday
Breakfast (First Meal)	<ul style="list-style-type: none">• 1 cup Bran Flakes® with 1 tsp sugar and ½ cup 1% milk• 1 cup black coffee• 1 slice whole wheat toast with 2 tsp soft margarine	<ul style="list-style-type: none">• 1 egg fried in 1 tsp butter with 3 strips of bacon• 2 slices whole wheat toast with 2 tsp soft margarine• 2 cups tea (chamomile)
Snack	<ul style="list-style-type: none">• 1 carrot muffin - Tim Hortons®• 1 medium black coffee - Tim Hortons®	<ul style="list-style-type: none">• 1 medium apple
Activity	<ul style="list-style-type: none">• Stressful day at work	<ul style="list-style-type: none">• 30-minute walk

Download the Three-Day Food and Activity Journal at <https://myhealth.alberta.ca/Alberta/AlbertaDocuments/3-day-food-activity-journal.pdf>.

Peanut Butter Lovers Month




Did you know November is Peanut Butter Lovers Month? Although, many believe George Washington Carver is the person to thank for this tasty, nutty treat. It was actually Canadian chemist Marcellus Gilmore Edson who patented peanut paste in 1884, by milling roasted peanuts between heated surfaces. Now you know who to thank for your favourite spread!

BRAIN GAMES

SUDOKU

						5	6	
	8		5		6	7		3
		3						
								7
		2		1	3			4
	1		4		2	3		
7		1		2				
8			1	4				
	6							

SCAN THE QR CODE FOR THE SOLUTION



GAMES & PUZZLES

Guess the Landmark!

1. This gorgeous UNESCO World Heritage Site in India was built to be a mausoleum.
2. The _____ was made across many dynasties and states, taking over 2,500 years to construct.
3. This stunning Italian landmark is also called the Bell Tower and is over 180 feet tall.
4. This iconic structure was built for the 1889 World Fair; it celebrated the 100th anniversary of the French Revolution.
5. This famous ancient city was frozen in time due to almost the exact opposite circumstance.
6. There are no straight lines in this ancient temple structure, located on the Athenian Acropolis.



SCAN THE QR
CODE FOR THE
ANSWERS!

RIVER HORSE

Did you know that hippopotamuses can't swim! Despite spending most of their time in the water (almost 16 hours per day) they are unable to float on the water because of their dense bones. Instead, they gallop, quite gracefully, on the riverbed.





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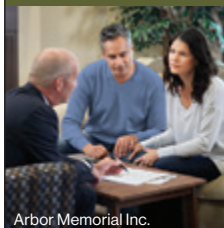


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Flatbread Pizzas

by Jennifer Puri

Flatbreads are used to create wraps and quesadillas, but the most popular use of flatbreads is pizza.

Rich in fibre, flatbreads are typically unleavened bread and do not contain yeast. Flatbreads originated in ancient Egypt but today are produced and enjoyed around the world. Some of the most popular flatbreads are focaccia, naan, tortillas, pita, oatcake, green onion cake, torta, and injera.

Flatbreads have a lower caloric and carbohydrate content due to their thinner crusts and are ideal as appetizers or light entrees as shown in the Flatbread Pizza recipes below.



Peach and Prosciutto Flatbread

Prep Time: 10 minutes

Cook Time: 7 to 8 minutes

Servings: 2

Ingredients:

- 1 flatbread
- 1 cup shredded mozzarella cheese
- 1 ½ cups sliced peaches
- 6 to 8 slices prosciutto
- 3 tsps. balsamic vinegar
- ¾ cup shredded Gouda cheese
- ½ cup coarsely chopped fresh basil leaves
- 1 tsp chilli flakes (optional)

Directions:

Sprinkle mozzarella cheese on flatbread, then top with sliced peaches, prosciutto, balsamic vinegar, gouda cheese, basil leaves, and chilli flakes. Bake on middle rack of pre-heated oven (400 degrees Fahrenheit) for 7 to 8 minutes. Serve immediately.



Roasted Red Pepper and Olive Flatbread

Prep Time: 10 minutes

Cook Time: 10 to 12 minutes

Servings: 2

Ingredients:

- 1 flatbread
- 1 ½ cups of roasted red peppers sliced
- ½ cup seedless black olives halved
- ½ cup cherry tomatoes halved
- 1 cup shredded mozzarella cheese
- ¾ cup crumbled feta cheese
- ½ cup coarsely chopped fresh basil leaves
- 1 tsp chopped fresh oregano leaves

Directions:

Sprinkle mozzarella cheese on flatbread, then top with sliced roasted red peppers, cherry tomatoes, olives, feta cheese, oregano, and basil leaves. Bake on middle rack of pre-heated oven (400 degrees Fahrenheit) for 10 to 12 minutes. Serve immediately.

Bon Appétit!

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Yielding to Emergency Vehicles

by Alberta Health Services



For everyone's safety, it is important motorists understand how to correctly yield right-of-way to emergency vehicles with their lights and sirens activated. You can help EMS, police, and fire get to the scene quickly and safely by following these rules of the road.

When an emergency vehicle approaches with lights and siren activated:

- If you're in the middle of an intersection when an emergency vehicle approaches with lights and siren activated, safely clear the intersection.
- On a one- or two-lane road, motorists should move to the right side of the road, slow down, and then stop, remaining parallel with the road. Remember to signal.
- Move right or left to the nearest curb on one-way streets.
- On a road with three or more lanes, motorists should move to the nearest side of the road and stop. If driving in the centre lane, move to the right side of the road and stop. Remember to signal.
- Come to a complete stop and wait for the emergency vehicle to pass. Shoulder check for more emergency vehicles before re-entering traffic flow. Remember to signal.
- Emergency vehicles might use any available road space to maneuver. This could include shoulders or turning lanes, etc., to pass other traffic.

When operating a vehicle:

- Motorists must reduce speed to 60 km/h or the posted speed, whichever is lower, when passing emergency vehicles or tow trucks that are stopped with their lights flashing. This law applies to the lane(s) immediately next to the stopped vehicles. If you're not in the lane next to the stopped vehicles, it is recommended to reduce speed and leave lots of space between yourself and emergency personnel.
- Do not break the rules of the road in order to give right of way to an emergency vehicle. This could include proceeding through a red light or making an illegal turn. Actions such as these jeopardize all motorists in the area.
- Drivers must place their full attention on the roadway and toward the safe operation of their vehicle at all times. The fine for distracted driving in Alberta is \$300 and three demerit points.
- Do not drive within 150 meters of an emergency vehicle with its siren and/or flashing lights on. For reference, 150 m is nearly 1.5 times the length of a football field.

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