# **SPRINGBANK**

### BRINGING SPRINGBANK RESIDENTS TOGETHER









(403)254-4726





Buffalo Run Dental welcomes Dr Peter Lam to the team!

Dr Peter Lam has worked in Calgary for over 20 years and in addition to all aspects of general dentistry, he is happy to offer the following services at Buffalo Run Dental:

- Dental implants
- · Gum and bone grafting
- · Cosmetic dentistry
- Invisalign orthodontics
- · Therapeutic and cosmetic botox
- · Oral and nitrous sedation
- · Snoring and sleep apnea oral devices

♥ 109, 11501 Buffalo Run Blvd., Tsuut'ina, AB T3T 0E4







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

\$50 for hockey bag full of gear. 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. Most equipment used by athletes or workers can be cleaned, disinfected, & refreshed.

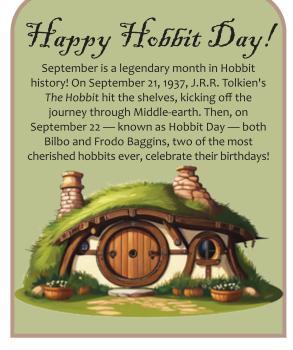


### **OUR OZONE PROCESS**

Using ozone, our system breaks down and penetrates stains, mucus, blood, sweat, fungus, bacteria, and mould. Ozone effectively annihilates 99% of bacteria and viruses upon contact, encompassing both odor-causing bacteria and those responsible for various illnesses, such as staph infections.

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







### **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!





### 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**

**Summer Dunning** 

Callista Tay

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





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

Eden Brook Reception Center 9:00am -11:00am

### **Korean Beef Bowl**

by Jennifer Puri

Ceramic rice bowls are believed to have originated in Japan and then migrated to Korea, China, and other parts of Asia. Distinguished by their nature influenced designs, motifs, durability, and water absorbency, Japanese earthenware is perhaps the oldest ceramic tradition in the world.

Incredibly versatile, rice bowls combine fresh vegetables, grains, and protein making them a colourful and healthy dinner choice.

You can create different versions of rice bowls by layering the bowls with a combination of cooked white, brown, or yellow rice, raw or roasted vegetables, chicken or beef. Toppings could include pickled ginger, basil leaves, toasted peanuts or sesame seeds and a drizzle of gochujang or sriracha sauce.

This quick and easy to prepare Korean Beef Bowl is a combination of fresh flavours and just the right amount of spice.

Prep Time: 12 minutes

Cook Time: 15 minutes

Servings: 4

### **Ingredients:**

- 1 lb lean ground beef
- 1 cup chopped red bell pepper
- 1 tsp minced ginger
- 1 tsp minced garlic
- ½ tsp salt
- ullet 1/2 tsp coarsely ground black pepper
- 1 tbsp soya sauce
- 1 tsp sesame oil
- 1 tbsp honey
- 1 tbsp gochujang sauce
- 2 cups of thinly sliced cucumber
- 2 cups of thinly sliced carrots
- 2 cups of thinly sliced radish
- 3 green onions thinly sliced4 fried or boiled eggs
- 4 cups cooked white rice

#### **Directions:**

- In a frying pan or skillet cook the ground beef until browned about three to four minutes.
   Add the ginger, garlic and red pepper and continue to cook.
- In a small bowl blend together the soya sauce, honey, salt, pepper and the gochujang sauce.



Pour the sauce over the browned beef and continue cooking for another two to three minutes or until beef is fully cooked. Add the sesame oil and remove the pan from the heat.

 Assemble four bowls with warmed cooked rice, beef, sliced cucumbers, carrots, radishes, and fried or boiled eggs. Garnish with green onions and a drizzle of gochujang or sriracha sauce and serve.

Bon Appétit!

**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.

#### Cleaning Services Mat Rentals **CALGARY MAT &** ☑ Dry Cleaning ☑ Standard LINEN SERVICES ☑ Tablecloths ☑ Waterhog ✓ Napkins ✓ Scraper ☑ Table Skirts ✓ Logo ☑ Chair Covers **Paper Products** Pick-Up & Drop-Off ☑ Massage Sheets ☑ Tork Dispensers ☑ Face Cradles ☑ Paper Towel ☑ Gym Towels ☑ Centre Pulls ☑ Face Cloths ☑ Toilet Paper ☑ Chef Coats ☑ Facial Tissues ☑ Coveralls ☑ Microfibre Cloths ☑ Dish Rags calgarymatandlinen.com | 403-279-5554



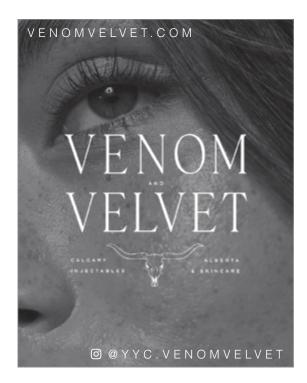


### Class Presentations & Registration

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

> First Day of Classes is September 23, 2024

Find us on FB - Instagram @springbankLTO - SpringbankLTO.ca





### 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.



### Fall Super Thrift Sale

Saturday, September 28

9:00am-1:00pm Hillhurst-Sunnyside Community Centre 1320 - 5th Avenue NW



The Samaritan Club of Calgary's Super Thrift Sale is the oldest, largest, single day 'thrift' sale event in the city. Great deals on collectables, clothing for all, books, toys, art, shoes, jewelry, linens, household goods and more.

For More Information: samaritanclub.ca All proceeds will benefit Calgarians in need

### **Bike Safety for Everyone**

by Alberta Health Services

Biking can be a great way to get around and to keep fit. To ride safely though, good balance, control, strength, and judgement are key tools to remember each time you get on your bike.

Here are some important safety tips to lower the risk of injuries while biking:

- Obey the same rules when you ride on the road as you do when you drive a car. This includes riding on the right side of the road so you're going in the same direction as traffic and stopping at all intersections.
- Look behind you (shoulder check) each time you turn or move out to pass.
- Learn and use hand signals.
- Look left, right, and left again before going ahead.
- Watch the road for hazards like debris, grates, or holes.
- Be extra careful in wet or cold weather that could affect the road conditions or how well you can see.
- Watch for people walking, animals, and others on bicycles when you ride in shared spaces like bike paths or trails.
- Plan your route and choose the safest way to your destination.
- Ensure your bike fits you correctly. Adjust the seat to fit your height. Ensure your bicycle is working properly and do an ABC quick check before every ride: A for air (make sure the tires are firm), B is for brakes, bar, and bell (check your brake levers are working, handlebars are at the right height, and test your bell.)

#### Do You Have Protective Gear?

Bike helmets protect people of all ages. It's the law in Alberta that anyone younger than 18 years must wear a helmet when riding a bicycle. Here are some things to consider when selecting a helmet and ensuring you will be well protected on your bike:

- Make sure your bike helmet meets current, approved helmet safety standards. Look for a CSA, Snell, or ASTM sticker to know if the helmet is approved.
- Take the Bike Helmet YES Test to make sure your helmet fits properly. It should be snug, level, and stable.
- Replace your helmet every five years, or whenever recommended by the helmet manufacturer or, after you've been in a crash.



- Set a good example for children by wearing your bike helmet.
- Let your child choose their own bike helmet because they'll be more likely to wear it.

Other protective gear includes things like a bell or horn for your bike, gloves for a better grip on the handlebars, proper supportive shoes, reflective tape, reflectors, and lights so it's easier to see you at night. Reflectors should be on the front, back, and spokes of the bicycle. Wear bright clothing during the day so it's easier for other people to see you on your bike.

#### Staying Safe While Riding with Children

Children can often ride a bicycle before they understand how to be safe. Children aren't ready to ride alone until they understand road safety rules, know how to signal, and know how to avoid major risks. When riding bicycles, young children should always:

- Ride with an adult.
- Ride in a single line behind an adult who knows how to ride safely.
- Use hand signals.
- Get off their bicycles to cross the street.

Most children have the skills they need to ride on the road alone at ten-years-old. But every child is different, so supervise actively. Stay where you can see, hear, and reach them, and pay close attention to what they're doing. Lead by example and show children how to be safe. Teach them the safety rules and make sure they follow them.

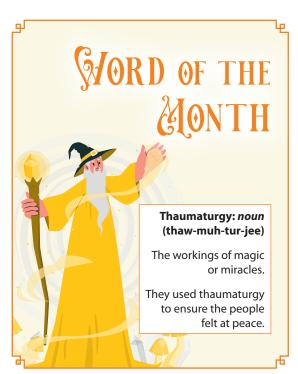
### **GAMES & PUZZLES**

### **Guess the Musician!**

- 1. This individual holds the Guiness World Record for best-selling solo artist.
- 2. Before going solo, this world dominating musician was in a supergroup called 'Destiny's Child'.
- 3. On his debut album, this musician is said to have played 27 different instruments.
- 4. At 1,560 words, this artist has the most words spoken in a single song.
- 5. This famous musician's stage name came from a popular song by the band 'Queen'.
- 6. This incredible artist was the first woman to be inducted into the Rock and Roll Hall of Fame.







### 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.

**LANDSCAPING & WINDOW CLEANING:** Weekly yard care starting at \$39. Decorative mulch, rock, soil and sod installation. Window or gutter cleaning starting at \$109; interior or exterior. Garden beds, stone patios, walkways and rock walls. Deck and fence builds, small concrete jobs and synthetic grass installation. A+ Member of BBB. Licensed and Insured. WCB. 403-265- 4769 | YardBustersLandscaping.com.

**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.

### **BUSINESS CLASSIFIEDS**

**PAINTER SERVICING SPRINGBANK:** Experienced Calgary Painter - Transform your space with precision and style! Our professional painting services bring life to your home. Skilled in interior and exterior projects. Affordable rates with top-quality results. Contact Jonathan for a free estimate at 403-561-4338. Your trusted choice for a fresh, vibrant look, www.fivestarpainting.com.

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.

**HEMMETT CUSTOM UPHOLSTERING & WINDOW COVERINGS:** Master craftsmanship for over 120 years. Located in Springbank to conveniently service our clients. Thousands of fabrics to choose from. Up to 40% savings on our premier window coverings. For more information or to book an appointment, please call/text 403-816-3802, email rick@hemmettup.com, or visit www.hemmettup.com.

**GUTTER DOCTOR:** Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, heat cables, window washing and pressure washing. Local business for over 20 years with more than 60,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty! www.gutterdoctor.ca, 403-714-0711.

**PERFECTION PRUNING:** Have you been noticing that your trees and shrubs are in need of some care and attention? We can help make your yard look beautiful again! Experienced arborist with excellent climbing, pruning and removal skills. Free quotes, licensed and insured - 100% satisfaction guaranteed! Call or text Caleb at 403-660-7475. Website: www.perfectionpruning.com.

**HOME DECOR CONSIGNMENT STORE:** Looking for consigners! If you are moving or downsizing and want to make some extra cash, become a consignor with a locally owned business, over 15 years of experience, we specialize in reselling home décor/kitchenware. Call 403-398-7544, text 403-966-0467, or email zoesstoreyyc@gmail.com. Zoe's Store: Located at 1403 14th Street SW. https://zoesstore.com/.





403-714-0711 gutterdoctor.ca

Home exterior services. We do eavestrough cleaning, repairs, & installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, heat cables, power washing & window cleaning. Local business for over 20 years with more than 60,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty!

### The next step in your estate and retirement planning



Include final arrangements in your planning to protect your family.

Eden Brook Funeral Home & Cemetery by Arbor Memorial

edenbrookcemetery.ca · 403-217-3700



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**
- Powerwashing
- Colour Consultation ...and much more

mvp

Calgary Owned and Operated!

mvpcanada.ca

find us on







houzz