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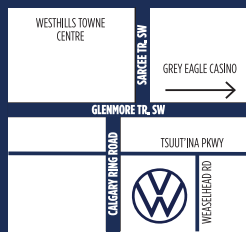


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SPRINGBANK COMMUNITY ASSOCIATION BOARD OF DIRECTORS



President	Stu Pritchard
Vice-President	Aimee Johnston
Secretary	Lynn Donnelly Robb
Treasurer	Ronda Rankin
Director at Large	Jan Erisman
Director at Large	Lynn Munro
Director at Large	Al Schmidt
Director at Large	Melanie Spafford
Director at Large	Brad Wanchulak

SCHS Community Youth Representative

Callista Tay

Please contact us at president@springbankcommunity.com if interested in working with the board.



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!

SCAN HERE
TO VIEW ADDITIONAL
SPRINGBANK CONTENT



Meet the New Board

Secretary: Lynn Donnelly Robb

B.Sc. Biology, Lynn has lived in Springbank for over 35 years, taking on numerous volunteer roles throughout the community. She brings over 25 years of experience in education working with provincial and city parks as well as not for profits, focusing on both historical and natural history for all ages. Having spent the last ten years of her career as the Director of Conservation Education with a national NFP, she hopes to put her knowledge of program development, strategic planning, fundraising, and marketing to work with the Springbank Community Association.

Director at Large: Jan Erisman

Jan Erisman B.I.D. with distinction. Commercial and residential Interior Designer, Masters basketball athlete, basketball coach, and 30-year resident. Volunteer board member for the Springbank Area Structure Plan and the Rocky View West Recreation Board. Over 20-year member of the Springbank Community Association, Stapa member, and founding member of the Springbank Historical Society. Striving to celebrate the incredible history of Springbank while promoting our community.

Vice President: Aimee Johnston

Aimee Johnston holds a degree in kinesiology, and additional certifications in leadership and operating facilities. With over two decades of expertise in managing sport and recreation programs and facilities, where the focus has been on high-performance sports, her focus is now on community at the grassroots level. She has honed her skills in cultivating a culture of clear expectations and accountability, which is crucial for success in the dynamic sport and recreation industry. She has managed significant construction and renovation projects within the recreation sector, notably overseeing a recent \$60 million expansion of a recreation facility in North Central Calgary. Her commitment to excellence ensures teams execute with precision and efficiency, driving the organization forward for the community.

Director at Large: Lynn Munro

B.Ed. with distinction, grew up on a mixed farm and now actively participates in her husband's family ranch in North Springbank. Her two sons are the sixth generation of family to live in Springbank. Has been a committed volunteer to our local schools and sports,

including minor hockey and football, and believes longevity of community is achieved through enhanced local facilities.

President: Stu Pritchard

Stu has been a resident of Springbank for the last 35 years. He is a retired senior IT marketing and sales executive with expertise in oil and gas information technology. Stu has lectured at the undergraduate and graduate level and experienced working overseas as a specialist. He is an active skier in the winter season and a cyclist in the summer.

Treasurer: Ronda Rankin

CPA, CGA, Ronda Rankin is a Springbank resident and an active outdoor recreational participant who enjoys running, hiking, and cycling in and around the community. As the President of Springbank Trails and Pathways Association (STAPA), she would like to see safe, integrated, and sustainable system of trails and pathways in Springbank which also link to the neighbouring cities of Calgary, Bragg Creek, and Cochrane. She has served in various volunteer and community organizations including the Rocky View West Recreation District Board.

Director at Large: Al Schmidt

B.Sc., MBA, CPA CMA, brings more than 35 years of real estate project management to the board, involving strategy, design, finance, marketing, construction, and property management. He is process-driven and believes that organizational responses must be consistently driven by long-term vision and stakeholder objectives.

Director at Large: Melanie Spafford

Melanie, a 45-year resident of Springbank, has a background in municipal government and IT project management. She raised her family in the area and has actively contributed to various community organizations. She is passionate about preserving and enhancing the community in Springbank.

Director at Large: Brad Wanchulak

Brings more than 20 years of executive, project management, and community leadership experience to the board. As a former semi-professional/NCAA student athlete and current executive director of a global industrial water management company, Mr. Wanchulak provides extensive international, business, and recreational development experience coupled with

his community involvement as a member of various Rockyview County, Springbank, and residential area community boards. He is a father to three daughters and is driven by a long-term vision to enhance country residential living throughout the Springbank area for all residents, young and old.



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 www.springbankcommunity.com/sign-up to learn more!

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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

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

Unwrap the Teen Brain

by Recovery Alberta – Community Health Promotion Services



One of the major differences between teen and adult brains can be found in the brain's reward system, which is why youth are at a higher risk for harm connected to substance use or other risk-taking behaviours. Adolescents have higher levels of activation in the areas

of the brain that are important in making us feel good, encouraging them to seek risk and reward.

Dopamine is commonly referred to as the “feel good” chemical in our brain that provides intense feelings of reward. So how does this differ between teen and adult brains? For teens, the baseline levels of dopamine are lower, but the release is higher. This means that youth tend to say they are “bored” unless they are actively involved in something rewarding or thrilling. This can also explain impulsive decision making and how some behaviours occur without thoughtful reflection. The desire for a stronger reward gets in the way of them to pause and critically think, problem solve or expect consequences. It is important for youth to learn and then practice pausing and reflecting on what they are doing. Let's teach youth to “pump the brakes” when making decisions.

This is one of the many things that are happening during brain development. Understanding the process will assist with supporting youth to help them thrive at an individual, relationship, school, and community level.



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Stop Apologizing Already

by Nancy Bergeron, R.Psych. | info@nancybergeron.ca

This is something that really took me some time and awareness to change. Maybe it's because I'm Canadian...sorry?! Over-apologizing can be rooted in people-pleasing, a fear of conflict, feeling like you're a burden, or that you don't have a place to express yourself freely. The good news is you can unlearn it by becoming more aware of when you say "sorry" and replacing it with more confident or accurate expressions.

Here's how to start:

1. Notice Your Patterns

Start paying attention to when you say "sorry." Is it when you:

- Ask a question?
- Express a need?
- Walk past someone?
- Take up space?

Awareness is the first step.

2. Swap "Sorry" for More Empowering Phrases

a). When you're late

Instead of: "Sorry I'm late."

Try: "Thanks for your patience." or "I appreciate you waiting for me."

b). When you didn't respond right away

Instead of: "Sorry I didn't get back to you."

Try: "Thanks for your patience while I got back to you." or "I appreciate your patience."

c). When you need something

Instead of: "Sorry to bother you, but..."

Try: "Do you have a moment?" or "Can I ask you something?" or "Are you free for a consult?"

d). When you accidentally bump into someone

Instead of: "Sorry!"

Try: "Excuse me." or "Pardon me."

e). When you disagree

Instead of: "Sorry, but I think..."



Try: "I see it differently." or "Here's another perspective..." or just be curious and ask for more information on the topic.

f). When you're expressing emotion

Instead of: "Sorry I'm crying." or "I'm sorry I'm so angry."

Try: "Thanks for being here while I process this." or "I'm feeling a lot right now." or "Wow, this is overwhelming."

3. Use Apologies Intentionally

Apologize when you genuinely hurt someone or made a mistake. That keeps apologies meaningful. For everything else, aim for assertiveness and gratitude.



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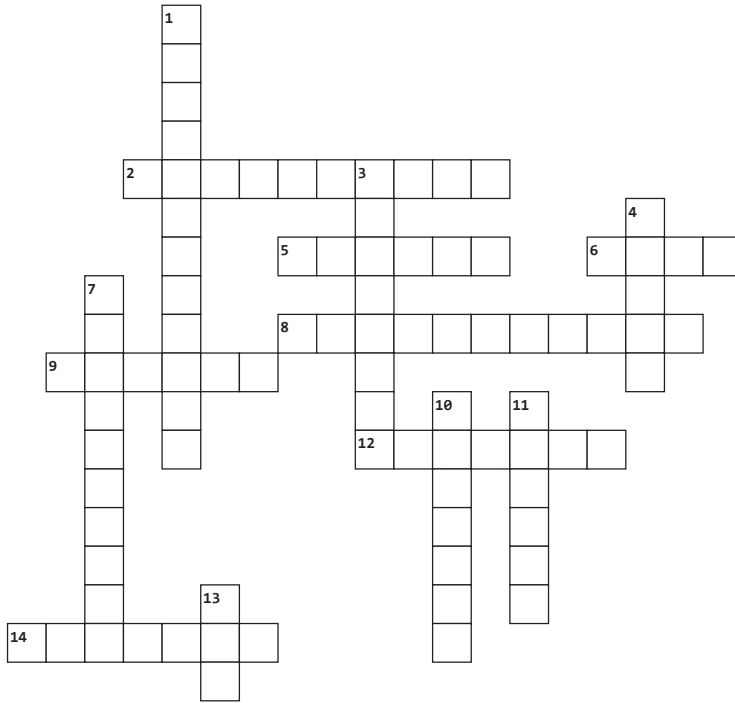
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June Crossword



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answers or scan
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answers

Across

2. The harvest season for this juicy, red fruit typically starts in mid-June in Canada.
5. This solstice occurs in June in the Northern Hemisphere.
6. On June 21, 1970, _____ made history by becoming the first player to win the FIFA World Cup three times.
8. Along with the rose, this fragrant plant, popular with bees and hummingbirds, is the birth flower for June.
9. The dystopian novel *Nineteen Eighty-Four* by George _____ was first published on June 8, 1949.
12. Charles Blondin crossed _____ Falls on a tightrope on June 30, 1859.
14. On June 23 in the year 930 the world's oldest parliament was established in this Nordic Island nation.

Down

1. Canadian actor Dan Aykroyd starred in this spooky comedy which premiered in June 1984.
3. Known for his role as Marty McFly in *Back to the Future*, Michael J. Fox was born in _____, Alberta on June 9, 1961.
4. Hockey Hall of Fame inductee, Cam _____, was born on June 6, 1965, in Comox, BC.
7. Famous for songs such as "Ironie" and "Hand in My Pocket", Alanis _____ celebrates her birthday on June 1.
10. Avril _____'s debut album *Let Go* was released on June 4, 2002.
11. This superhero movie, directed by Tim Burton, premiered in June 1989.
13. The first broadcast of this 24-hour news channel occurred on June 1, 1980.

Coronation Month

June is royally packed with coronations! Queen Elizabeth II (June 2, 1953), King George V (June 22, 1911), and Queen Victoria (June 28, 1838) all took the throne. Joining the June coronation club: Spain's King Felipe VI (June 19, 2014) and Norway's King Haakon VII (June 22, 1906) - just to name a few!

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Backyard Play Safety

by Alberta Health Services, EMS

Emergency Medical Services (EMS) would like to encourage parents and caregivers to ensure their backyard play area(s) is made safe for children. Although direct supervision is the best method to reduce the chance of injury, always ensure play equipment in your yard is in good repair and is suited to the age and skill of the children using it. Check the equipment often; replace or repair any worn or broken parts.

Water Hazards

- Drowning contributes to unintentional injury-related death among young children.
- Children can drown in just a few centimetres of water if it covers their mouth and nose.
- Ensure all backyard swimming pools are fenced. The fence must be at least 1.8 metres* high and have a self-latching, self-closing, lockable gate. (*Alberta Building Code)

Lawn and Garden Tools

- Keep young children away from outdoor power equipment.
- Serious burns may result from touching hot engine surfaces.
- Ensure that all sharp tools, fuel, chemicals, and other hazardous substances are stored in a secure, locked area. A simple latch may not be sufficient.

Insect Bites and Stings

- Minimize the risk of attracting insects by not wearing strong perfumes or scented lotions.
- Avoid wearing brightly coloured clothing outdoors.
- Consider destroying or relocating hives and nests situated near your home.
- To avoid injury through inadvertently stepping on a stinging insect, always wear footwear outdoors.
- If your child has received an 'EpiPen, Junior' prescription from your physician (for anaphylactic reactions only) ensure they understand when and how to use it.
- If your child experiences a severe reaction to an insect sting, or other environmental cause, seek medical attention, or call 9-1-1.

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