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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

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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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Window and Balcony Safety

by Alberta Health Services

With the return of warmer weather, Emergency Medical Services (EMS) would like to remind parents and caregivers of an often-overlooked hazard in the home – access to open windows. Every year, paramedics respond to emergencies where a child has fallen from an open window, often from the second floor. These can be avoided by following safety measures. Take the time to assess potential hazards in your home before a preventable fall occurs.

Windows and Screens

- Prevent access to windows by moving furniture such as cribs, beds, stools, and change tables out from under them.
- Keep drapery cords out of children's reach. Wrap excess cord around cleats or tie-downs to avoid a choking hazard.
- Remember, screens are not safety devices. They are designed to keep bugs out, not children in.

Balconies

- Do not underestimate a child's ability to climb. Furniture and other items stored on balconies and decks can be used to climb resulting in falls over the railing.
- Ensure that your balcony railings are not more than 10 cm (4 inch) apart. This will eliminate access between the vertical bars of a balcony or deck.

Further Prevention Tips

- Toddlers and preschoolers are at highest risk of falling from a window or balcony, but it may happen at any age.
- Direct supervision of children is the single most effective way to prevent falls from windows and balconies.
- Install safety devices which limit the distance in which a window can open to a maximum of 10 cm (4 inches).
- Ensure the safety device can be released quickly, so the window can be used for escape in case of emergency.
- Consider purchasing a portable air conditioner, which will enable windows to stay closed and secure.

EMS is proud to be a member of the Partners Promoting Window and Balcony Safety. Take time to assess your home for window and balcony hazards and eliminate the risks before a preventable fall occurs.

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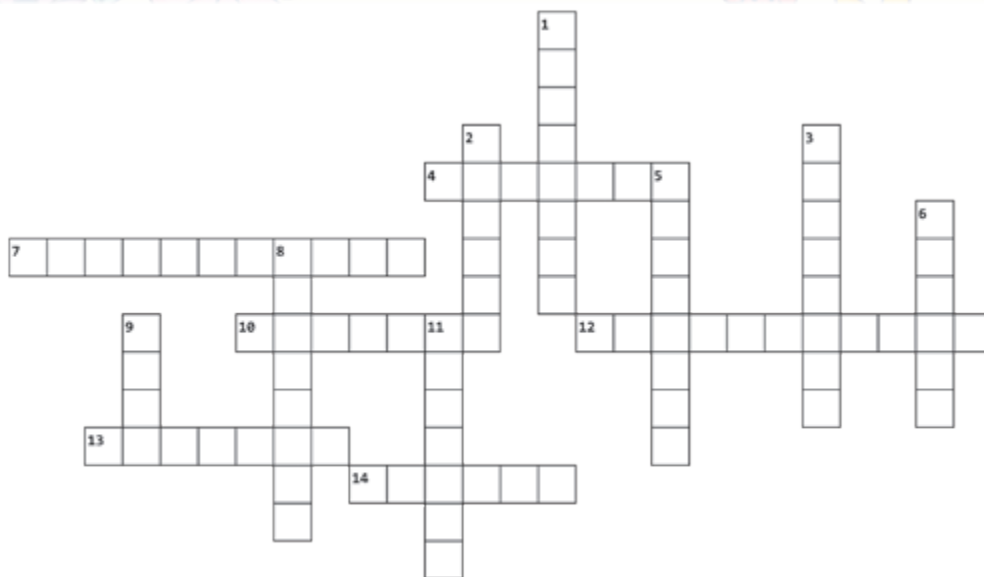
Around 75% of the world's narwhal population calls the northern waters of Nunavut, Canada, home. These real-life "sea unicorns" thrive in our Arctic waters, especially in the summer months. How magical!



Chanel No. 5

On May 5, 1921, Coco Chanel, teaming up with perfumer Ernest Beaux, launched her iconic fragrance. Why No. 5? Because five was her lucky number, and she made sure to release it on the fifth day of the fifth month for extra good fortune!

May Crossword



Down

1. Cory _____, famous for his role as Finn Hudson on *Glee*, was born on May 11, 1982, in Calgary, Alberta.
2. The first _____ Awards were held on May 4, 1959, with Ella Fitzgerald winning the award for Best Jazz Vocal Performance.
3. *Astrophysics for People in a Hurry* by Neil _____ Tyson was originally published in May 2017.
5. On May 8, 1980, the World Health Organization declared that this disease, caused by the variola virus, had been eradicated.
6. Fashion designer, Coco _____, released her eponymous perfume, _____ No. 5, on May 5, 1921.
8. Canadians celebrate the birthday of this Queen on May 19.
9. The month of May is named after _____, the Greek goddess of growth, fertility, and spring.
11. The Canadian government established the North-West _____ Police on May 23, 1873.

Across

4. This popular TV sitcom aired its series finale "The Last One" on May 6, 2004, in the United States.
7. Pyotr Ilyich _____ was a guest conductor for the opening of Music Hall (now Carnegie Hall) on May 5, 1891.
10. On May 16, 1929, the first _____ Awards were held with the silent film *Wings* winning Best Picture.
12. The first-ever race of the Formula 1 World Championship was held on May 13, 1950, at this iconic English circuit, which is still used today.
13. Amelia _____ started her first transatlantic solo flight on May 20, 1932, departing from Harbour Grace, Newfoundland.
14. *The _____ Reloaded* was released on May 15, 2003, starring Canadian actor Keanu Reeves and Canadian actress Carrie-Anne Moss.



Visit bit.ly/mycalgaryanswers or scan the QR code for the answers

Understanding Prediabetes

by Alberta Health Services



Did you know that in Canada, 6.1% of adults over the age of 20 have prediabetes? Having prediabetes increases the risk of progressing to Type 2 diabetes (T2D). However, there are lifestyle changes that can reduce this risk.

Prediabetes occurs when blood sugar levels are higher than normal but are not yet high enough to be classified as T2D. T2D is a chronic condition where the body is unable to use insulin properly, leading to high blood sugar that may result in other complications like heart disease or nerve damage.

What Causes Prediabetes?

Our body uses blood sugar (glucose) for energy. After eating, our body breaks some of the food we eat down into glucose. The hormone insulin then helps move the glucose into our cells to be used for energy. In prediabetes, insulin does not work as well as it used to. This leads to higher blood sugar levels resulting in prediabetes. Often, there are no physical symptoms of prediabetes.

Prediabetes can develop into T2D. However, progression is not inevitable and making changes sooner can reduce the chances of developing T2D.

For people with prediabetes, it is important to know that blood sugar levels are affected by what and when you eat.

Tips For Eating to Manage Blood Sugars

1. Limit juices and drinks with added sugar. Choose whole fruit or flavoured water with lemon or lime.
2. Eat three meals a day, with about four to six hours between meals. This can manage blood sugar and feelings of hunger.
3. Build your plate according to Diabetes Canada. Cover half your plate with vegetables, such as broccoli, spinach, and cabbage. Cover another quarter of your plate with whole grain products or starchy vegetables such as potatoes, corn, and yams. Put protein foods on the remaining $\frac{1}{4}$ plate such as lentils, tofu, meat, fish, and eggs. Visit diabetes.ca/nutrition to find the healthy eating section with additional tips.
4. Choose foods with fibre. Fibre slows down digestion and helps maintain stable blood sugar levels. Include whole grains like oats, quinoa, and barley along with vegetables and fruits to boost your fibre intake. Aim for 30 grams or more per day. Visit ahs.ca/nutritionhandouts and search Fibre for more information about foods with fibre.
5. Choose unsaturated fats. Prediabetes increases the risk of developing heart disease. Replacing saturated fat in the diet with unsaturated fat can help decrease this risk. Unsaturated fat can also help improve insulin sensitivity.

Foods high in unsaturated fats:

- Soft margarine
- Oils: canola, olive, peanut, sunflower
- Avocado, nuts and seeds, nut butters
- Ground flax seeds, chia seeds, or hemp seeds
- Fish instead of other animal proteins

Foods high in saturated fats:

- Coconut oil, lard, butter, hard margarine
- Red meat, deep fried foods, processed cheeses
- Cream and ice cream

Getting Active to Prevent Prediabetes

Physical activity is a powerful tool in managing prediabetes. Physical activity helps your body use insulin to lower blood sugar levels. Start slowly and build up to 30 minutes each day, five to seven days a week. Brisk walking, swimming, cycling, or any other activity you enjoy is a great place to start.

Resistance training such as lifting weights or bodyweight exercises can also be beneficial for building muscle and improving blood sugars.

Remember that physical activity is cumulative and does not need to be completed in one session. Even a brief ten-minute walk after a meal has been shown to improve blood sugar levels. For more information visit csepguidelines.ca.

Excess body weight is a factor that may contribute to having prediabetes and the development of T2D. A reduction as little as 5% of initial weight can greatly reduce the risk of developing T2D, for example for a person who weighs 90 kg (200 lb.), 5% weight loss would be 4.5 kg (10 lb.). Rather than focusing on rapid weight loss, aim for gradual, sustainable changes. Visit ahs.ca/nutritionhandouts and search Eating Well for Weight and Health to learn more about weight management.

Making changes can help reduce risk while still maintaining an enjoyable lifestyle. However, change can be hard, especially if we try to make too many changes too fast. Set achievable goals and take small, gradual steps to ensure that your approach is sustainable.

Consider ways to support your health that work for you and seek guidance from healthcare providers for personalized advice.

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In Loving Kindness

by Garth Paul Ukrainetz

Be not abashed when life is tough
No shame in having need
At times the road is harsh and rough
Confused this world indeed

It's crucial that we all reach out
In giving and receiving
To rise above the walls of doubt
Together we're believing

We're here to care, we're here to share
For that's what life's about
In loving kindness, hearts prepare
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GROUND CONTROL TO MAJOR TOM

On May 12, 2013, an unlikely beautiful voice in space emerged. Canadian astronaut Chris Hadfield, aboard the International Space Station, fittingly recorded a cover of David Bowie's "Space Oddity". His video, featuring him floating in zero gravity while singing, quickly went viral.





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