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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.

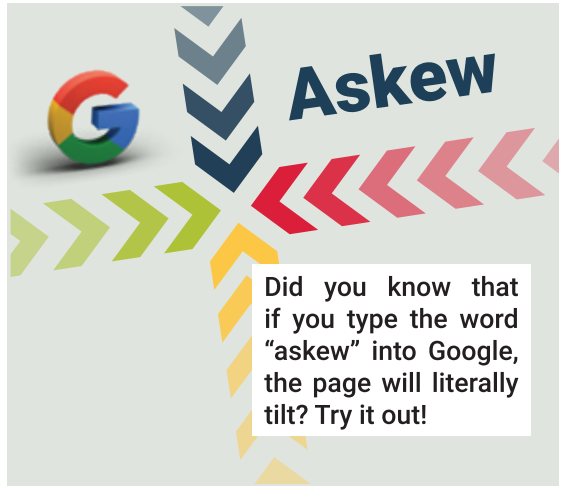
President: Stu Pritchard
Stu has been a resident of Springbank for the last 35 years. He is a retired senior IT marketing and sales executive with expertise in oil and gas information technology. Stu has lectured at the undergraduate and graduate level and experienced working overseas as a specialist. 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 springbankcommunity.com/membership-join/ to learn more!

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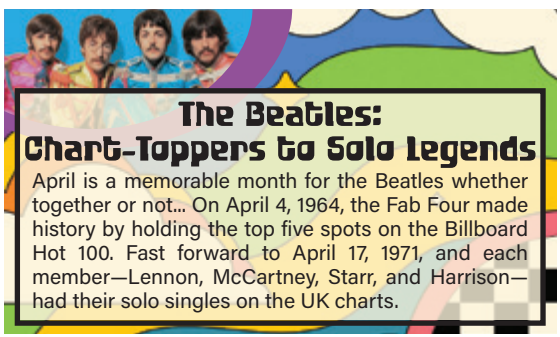

The Beatles: Chart-Toppers to Solo Legends

April is a memorable month for the Beatles whether together or not... On April 4, 1964, the Fab Four made history by holding the top five spots on the Billboard Hot 100. Fast forward to April 17, 1971, and each member—Lennon, McCartney, Starr, and Harrison—had their solo singles on the UK charts.

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Bicycle Helmet Safety

by Alberta Health Services EMS

Most injuries occur when a cyclist suffers a fall, strikes a stationary object, or collides with another cyclist or pedestrian. It is the law in Alberta that cyclists under the age of 18 must wear a helmet (and recommended for all ages). Helmets should be CSA approved and worn during recreational activities such as skateboarding, in-line skating, and cycling.

Getting Informed

- Wearing a helmet while cycling can prevent a serious injury or even save a life.
- Brain injuries can cause permanent disability or death.
- Reduce your risk by always wearing your helmet.
- Replace any helmet that has been involved in a crash, even if it appears undamaged.

Getting Started

- Allow children to assist when buying their helmet. Cyclists who choose their own helmet are more likely to wear them.
- Start the habit early. Young children learning to ride tricycles need to wear helmets.
- Parents must lead by example – always wear a helmet when cycling.

Getting the Right Fit

- Take the time to properly fit and adjust your helmet to ensure maximum protection in case of a crash.
- When worn properly, helmets should fit level, not tilted up, or down over the forehead.
- Helmets should feel snug, but not too tight. To test the fit, the helmet should not fall off when you shake your head from side-to-side while the straps are unfastened.
- Adjust the chin straps to form a "Y" below and slightly forward from the ears.
- Only one finger should be able to fit under the chin strap when it is fastened.
- Do not forget to use the sizing pads included with the helmet. They will help improve the overall fit, comfort, and safety.

Overcoming Dating Anxiety

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

Dating anxiety is common, but you can manage it with the right mindset and strategies. Here are some suggestions to get you started:

1. Shift Your Mindset

Lowering the pressure or expectations. Treat dates as casual meetups instead of stressful interviews.

Reframe any rejections. Not every match works out, and that is normal. See each time as a learning experience.

Focus on the enjoyment of the date. Instead of trying to impress your date, focus more on whether you are enjoying their company.

2. Prepare and Practice

Start small. Get comfortable with social interactions by practicing with friend or in low pressure environments.

Plan ahead. Choose a familiar setting for the date to feel more at ease.

Have conversation starters. Think of a few topics in advance to avoid awkward silences.

3. Manage Anxiety in the Moment

Breathe deeply. Try slow breathing exercises.

Use grounding techniques. Focus on your senses - what you see, hear, feel to stay present.

Accept your nervousness. It's normal. A little anxiety can make you appear more engaged and authentic.

4. Build Confidence Overtime

Expose yourself gradually. The more you date, the more natural it will feel.

Positive self-talk. Remind yourself of your strengths and why you are a great person to date.

Don't overanalyze. Avoid replaying the date in your head. Just move forward.

5. Seek Support if Needed

Talk to friends. They can offer their encouragement and a different perspective.

Consider therapy. If your anxiety is overwhelming, a therapist can help with confidence building strategies.

6. Confidence Tips

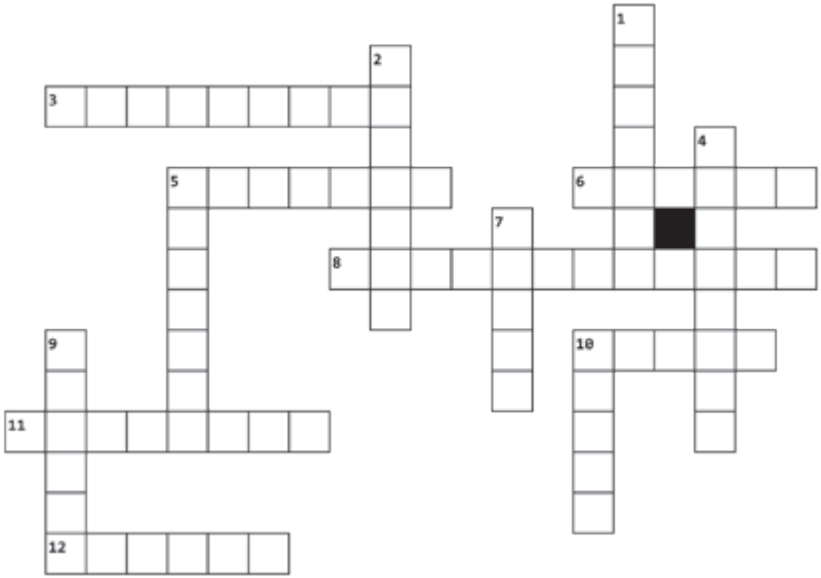
Before the Date: Dress in a way that makes you feel good and comfortable. Listen to music that pumps you up. Visualize the date being successful. Remind yourself why you are going to be a great date.

During the Date: Open body language by maintaining good posture, an open smile, and making eye contact. Try to slow your speech, reminding yourself that it's okay to pause and breathe. Focus on the other person as it helps keep away self-consciousness. Laugh off any mistakes you make. Humility is actually attractive.

After the Date: Don't overanalyze the date in your head. It is what it is, they either like you or they don't. It's a two-way street…you're evaluating them as well. Celebrate that you took a chance even if the date wasn't perfect. You break your anxiety cycle by facing your fears and learning as you go!

Practice makes each attempt easier and builds confidence. Get out there and have some fun.

April Crossword



Across

3. Simon & Schuster released the first-ever _____ puzzle book on April 18, 1924, delighting word game enthusiasts around the world.

5. On April 1, 1919, the Stanley Cup Final between the Montreal Canadiens and the Seattle Metropolitans was cancelled due to the _____ flu pandemic.

6. On April 30, 1952, Mr. _____ Head became the first toy ever to be advertised on television.

8. Terry Fox started his Marathon of Hope on April 12, 1980, in St. John's, _____.

10. This meteor shower takes place in April every year.

11. ABBA won the 1974 Eurovision Song Contest with their song _____ on April 6.

12. This space telescope was first deployed into orbit by the space shuttle Discovery on April 25, 1990.

Down

1. April's birthstone is the _____, a popular choice for engagement rings.

2. Stanley Kubrick's sci-fi adventure film, *2001: A Space* _____, premiered in April 1968.

4. The Royal _____ Air Force was officially established on April 1, 1924.

5. _____ *Island* by Dennis Lehane was first published on April 15, 2003, and later became a film starring Leonardo DiCaprio and Mark Ruffalo.

7. Comedian and actor Seth _____ was born on April 15, 1982, in Vancouver, BC.

9. The World _____ Organization was established by the United Nations on April 7,1948.

10. On April 16, 2018, Kendrick _____ won the Pulitzer Prize for Music, becoming the first rapper to do so.

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

Vaping and Youth

by Alberta Health Services

Vapes or e-cigarettes are one of the most popular ways of consuming substances such as nicotine, cannabis, or chemical flavouring among youth. This trend has spiked over the years due to marketing around it being "safer" than cigarettes. What we do know is that any use of vaping can cause harm.

There is still a lot more information needed but below is what we do know when addressing vaping among youth.

Educate Yourself and Others
You do not have to be an expert on the topic but it's important to understand the basics and have access to knowledge on the facts and where to access supports and resources.

Educate Children and Youth
We want schools and natural supports to teach and implement lesson plans as soon as possible. At home we want to share the facts, have open conversations about safety, and support healthy choices. There are free lesson plans and information for different age ranges so you can have the conversations in ways that make sense to them!

Focus on Prevention
To help reduce rates of use among youth we need to implement effective prevention strategies that teach life skills, involves young people that are led by young people, and connect youth to the community. This helps strengthen core social competencies such as problem solving, decision making, and critical thinking.

Have open conversations about vaping with the young people in your life. This will help build relationships and trust so if there are questions, you are the person they will lean towards!

COSMIC TRUCE: THE ECLIPSE THAT STOPPED A BATTLE!

On April 6, 648 BC, the Ancient Greeks recorded one of the earliest solar eclipses! Greek historian Herodotus described how the eclipse coincided with the battle between the Lydians and the Medes, scaring the armies into a truce. Talk about a cosmic peacekeeper!

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Admiration... Always

by Cheryl Dunkley

Seventy years fly by fast
Live in the present, not the past.
What's your secret, we have to ask
Joan would say: "at everything you just laugh!"

Joan is a special gal -
A loyal friend through and through.
The world would be a better place
If this skill was one everybody knew.

Her circle has been busy and wide
Golf, curling, travel, bridge
But, if you need a friend
Joan is right there by your side.

She has tackled many sports,
Always showed up with a smile
If you need love and support,
Joan always goes the extra mile.

A kind word, a compliment, a laugh
She understands what's on your mind.
She listens, has a thought, perhaps an idea new
Joan cares about each and everyone of you!

Happy birthday, dear Joan!
Thank you for being a good friend to all of us.
We are all better for knowing you and could learn from your example.
We have watched you approach life with compassion and intention putting others' need first while making light of your own.

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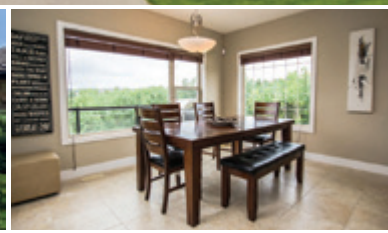

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