# **DELIVERED MONTHLY TO 4,375 HOUSEHOLDS AUGUST 2023** your PRINGBANK THE OFFICIAL SBHCA COMMUNITY NEWSLETTER Springbank Hill Community Assoc let's Gel o @sbhcayyc @springbankhill Cover Photo by Christine M.

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# Dr. Ali Rahimzada will be joining our team!

- Dr. Ali Rahimzada will join our clinic and accept new patients starting August 1
- Dr. Farhat is starting to treat chronic migraines using Botox injections
- Nurse practitioner Karin Dixon has joined our team to do cosmetic Botox injections and fillers

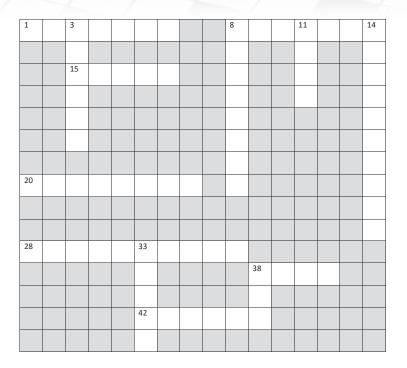
Our clinic offers Botox injections for medical and cosmetic purposes by qualified professionals. Botox can smooth wrinkles, reduce spasms, and treat other conditions. Ms. Karin Dixon, our certified nurse practitioner, started cosmetic fillers and Botox injections at our clinic. She can help you with lip, cheek, chin, and skin enhancement using Botox and fillers.

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# How Well Do You Know Springbank Hill?

Springbank Hill Community Association Crossword Puzzle



#### Across

- 1.The \_\_\_\_\_\_ Festival (7 letters) is a very successful community event held at the Springbank Hill Community Park every October.
- 8. A gardener's delight on Springbank Hill. The Springbank Hill Community \_\_\_\_\_\_ (7 letters).
- 15. The acronym/first letters of our Community Association, \_\_\_\_\_\_ (5 letters).
- 20. The \_\_\_\_\_ Community Rink (8 letters) is a very popular outdoor skating rink in the Montreux community.
- 28. These small, adorable birds (10 letters) stay with us year-round and constantly sing and chatter.
- 38. \_\_\_\_ houses (4 letters) adorn the trees and pathway behind Spring Terrace.
- 42. \_\_\_\_\_ Manning High School (6 letters) is the only high school inside the SBHCA boundaries.

#### Down

- 3. \_\_\_\_\_ Ridge (6 letters) is a community nestled in Springbank Hill with a ridge running through it.
- 8. \_\_\_\_\_ Woods School (8 letters) is located across the street from the Springbank Hill Community Park.
- 11. A doe, a female deer (4 letters). We have lots of these four-legged friends in our community.
- 14. \_\_\_\_\_ Hill Rink (10 letters) is another very popular outdoor skating rink in our community, near Springbluff Drive.
- 33. \_\_\_\_\_ trees (5 letters) are very common coniferous trees native to our area.
- 38. \_\_\_\_ An amazing consumer of night-flying insects (3 letters).

Answers can be found on page 14.

# **BOARD OF DIRECTORS**

BOARD OF DIRECTORS						
Elio Cozzi	President	president@springbankhill.org				
Rhonda Smith	Vice President	vp@springbankhill.org				
Ezenwa Echefu	Treasurer	treasurer@springbankhill.org	-			
Carly Deibler	Secretary and Director, Social Media	secretary@springbankhill.org	Springbang Hill			
Alex Casuga	Director, Community Rinks	planning@springbankhill.org				
Dan Hnatyshyn	Montreux Rink Coordinator	somrink@springbankhill.org				
Jeff Davidson	Director, Community Gardens	communitygrowers@springbankhill.o	rg			
Shelly Smith	Director, Memberships, Sponsorships, and Newsletter	membership@springbankhill.org				
Sola Ajiboye	Director, Grant Funding	info@springbankhill.org				
Peter Agbongiator	Director, Traffic and Safety	traffic@springbankhill.org				
Amaka Nwonye	Director, Events	info@springbankhill.org				
Cooper Xu	Director	info@springbankhill.org				
Vacant	Director at Large					
VOLUNTEERS						
Laura Butynets	Soccer and T-Ball Sports Program Coordinator	recreation@springbankhill.org				
Dave Walker	Springbank Hill Scout Troop #137	springbankhill137scouts@gmail.com				
Paul Duncan	Springbank Hill Rink Coordinator	info@springbankhill.org				
Fiona Christiaansen	Casino Fundraiser Lead					
General Inquiries	info@springbankhill.org					
Memberships	membership@springbankhill.org					
HOMEOWNERS ASSOCIATION						
Springbank Hill Homeo	owners Association	info@sbhha.com, www.sbhha.com				

Springborough Homeowners Association

The Slopes Community Association

www.springborough.ca

www.theslopes.ca

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Crime







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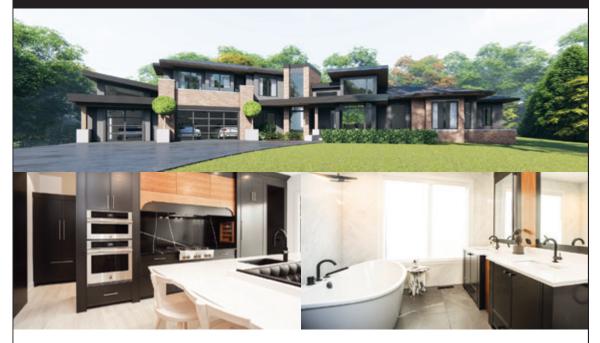


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#### **PRESIDENT'S MESSAGE**

Residents of Springbank Hill,

The vision for our community association is to help build an active, safe, and desirable community with strong connections between all residents and stakeholders, and with an enhanced quality of life and sense of belonging. As a volunteer organization, we do depend on our many volunteers who work collaboratively with our board of directors to bring this vision to life.

I wanted to take this opportunity to provide a brief overview of our organization and the key committees currently working to achieve our goals on behalf of our residents. Starting with the board of directors, we generally have 12 board members, each with a specific role. This includes four executive officers consisting of the president, vice-president, secretary, and treasurer. Board members also lead various committees, including the operation of our two seasonal ice rinks, our children's soccer and t-ball programs, our community garden, our membership committee, our communications committee handling website, social media and newsletters, our committees pursuing grants, our planning, development and traffic committees, and our special events committees. And we also appoint committees to lead capital projects from time to time.

While we have opportunities on most committees, the one area where we can use some immediate help is our special events. While we do run several excellent events, we would like to expand the number and scope of community events, but this requires additional volunteers. We welcome you to consider joining us to help us address this need. We can discuss further with you and we are also able to tailor our volunteer positions to address your availability and skill set. Simply email us at info@springbankhill.org and we would be happy to schedule a meeting with you.

Our fiscal year-end is approaching on August 31. This means that we will be producing our annual financial statements and preparing for our Annual General Meeting of members in October. The AGM is scheduled for October 25 at Rundle College. So, please mark your calendars and hold this date; more information will be provided in the coming months.

We hope that you and your family are enjoying a safe, fun, and healthy summer!

Elio Cozzi

President, Springbank Hill Community Association



### **Share Your Photos!**

We are always looking for great community photos to post on our website, in our social media, and in our Newsletter. If you have some great shots that you would like to share, please email them to info@springbankhill. org along with your name, and you just might see your talent featured in our next issue.





#### Springbank Hill Community Association

For only \$25 per year, your family can belong to the Springbank Hill Community Association and experience the many benefits of being a member.

When you become a community member, your household receives the following:

- Access and discounts on various events in our community
- The ability to rent one of our community garden boxes
- Advocacy on community concerns relating to safety, development, and the natural environment
- · Opportunities to provide input on community capital projects
- A voice in our community

Only registered members receive regular community emails and digital newsletters to inform them of events, programs, news, and matters in our community. The membership fee also helps us fund all the different initiatives that make our Springbank Hill community a safe, fun, and friendly place to live. To join as a member, please visit our website at https://springbankhill.org/membership/.

The community association appreciates your financial support, especially this past year with the reduction in our revenues due to the pandemic.

### Springbank Hill 2023 Farmers Market

#### by Shelly Smith

We are very excited to let you know that FreshPal Farms, from Olds Alberta, will host a farmers market stand on Springbank Hill this summer and fall! Here are the details:

- Dates: Every Saturday (starting June 3, 2023)
- Time: 4:00 to 7:00 pm
- **Location:** Valleyview Church entrance (7655 26 Ave SW, Calgary AB T3H 3X2)

FreshPal Farms currently has 7 greenhouses and is building 6 more this summer. The greenhouses have dynamic insulation, which store heat. Solar power, not solar panels, are used, which include a rolling blanket put over the greenhouses at night to trap the heat. Also, the plants are grown in soil, not hydroponics, which provides the vegetables and fruit with nutrients from the soil.

The product you buy is guaranteed to be picked ripe!

We look forward to seeing you at the FreshPal Farms farmers market stand on Saturdays!

Weekly Farm Stand in Springbank Hill





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### Become a SBHCA Business Member

Springbank Hill is a vibrant and growing community. The rolling hills, trees, open spaces, and pathways are something that makes our community attractive to so many families and individuals. Through our ongoing communications with members, our events, and community properties (e.g. The Springbank Hill Community Park and Garden), we strive to create a vibrant and supportive neighbourhood. Having Calgary businesses become SBHCA members by supporting our programs and providing a sense of belonging for our residents is an important next step.

We are pleased to announce that businesses within the Springbank Hill community area, and within Calgary, can purchase a business membership. Whether you are a home-based business, an entrepreneur, a small business, a large company, or a not-for-profit, we would love to have you join!

It would be great, although not necessary, for your organization to offer our residential members discounts on your merchandise and/or services. We will promote your discounts to our members.

The annual fee for a 12-month rolling membership is \$35. To join today please visit https://springbankhill. org/business-members/.



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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.

### Check out SBHCA's Partner & Sponsorship Program!

SBHCA partners and sponsors are essential to helping us raise funds for events (e.g., our annual Pumpkin Festival, Movies in the Park) and properties (e.g., Springbank Hill and Montreux Outdoor Rinks, the Community Garden). It is also a great way for organizations to connect with our residents at a grassroots level.

If you have any questions, or would like to discuss an opportunity further, please contact us at membership@springbankhill.org or further details can be found at https://springbankhill. org/partners-sponsors/.

# Become a Springbank Hill Volunteer!

With our continued commitment to making Springbank Hill an active, safe, and desirable community, we are looking for residents, like you, to join our association board or become a volunteer.

If you are passionate about Springbank Hill and want to help, the following positions may be a great fit for you:

1. Community Gardens Operations and Maintenance Team – Volunteer or Board Member

- 2. Events Committee Volunteer or Board Member
- 3. Membership Committee Volunteer

4. Board Member at Large – Director position on the Board

Contact us at info@springbhankhill.org to learn more!



### **Living on Springbank Hill**

#### by Shelly Smith

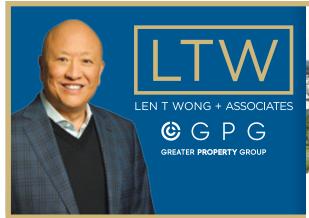
I am sure you agree that Springbank Hill is a beautiful place to live. We have such amazing natural beauty surrounding us and amazing people and pets – just to name a few!

If you would like to be interviewed for an upcoming SBHCA (Springbank Hill Community Association) monthly newsletter, please contact us at membership@springbankhill.org and use the subject title 'Living on Springbank Hill.'I promise that the interview process will be fun and will take no more than 30 minutes of your time. We are interested in finding out why you and your family love living on Springbank Hill and a little bit about you.

Looking forward to hearing from you!









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		Properties		Median Price	
		Listed	Sold	Listed	Sold
June 2	23	44	18	\$900,000	\$934,000
May 2	23	21	27	\$984,900	\$1,050,000
April 2	23	26	14	\$737,450	\$755,000
March 2	23	24	18	\$949,500	\$971,500
February 2	23	11	9	\$549,900	\$535,000
January 2	23	19	7	\$949,900	\$959,900
December 2	22	6	8	\$1,422,500	\$1,389,500
November 2	22	5	18	\$687,400	\$667,500
October 2	22	11	11	\$968,000	\$920,000
September 2	22	20	13	\$799,900	\$795,500
August 2	22	15	11	\$845,000	\$820,000
July 2	22	12	15	\$750,000	\$745,000

To view more detailed information that comprise the above MLS averages please visit sph.mycalgary.com

#### **TAKE ON WELLNESS**

# Have Your Own Reasons for Healthier Eating

#### from Alberta Health Services

Your reasons for healthy eating are really important. Don't do it just because your spouse, friend, or someone else wants you to eat healthier. What makes you want to change how you eat? Do you:

- Want to feel better and have more energy?
- Want to improve your health?
- Want to prevent or treat health problems, such as high blood pressure, high cholesterol, or diabetes?
- Have another reason for wanting to do it?

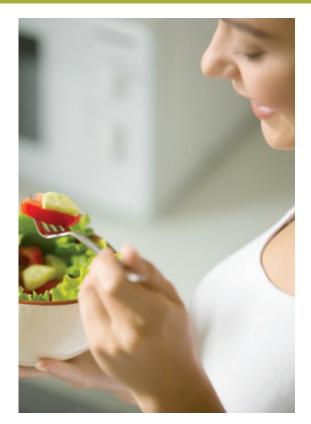
Whatever your reason, you may already know what areas you want to work on. Maybe you want to cut back on high-fat snacks or eat more high-fibre foods.

If you aren't sure where to start, keeping a food diary can help. For a week or two, write down everything you eat, then compare what you are eating to Canada's Food Guide. It will help you see which foods you need to eat more of and which foods you eat too often.

Set goals you can reach. Ask yourself if you feel ready to begin taking steps toward big goals. If you're not ready yet, try to pick a date when you will start making small changes. Any healthy change—no matter how small is a good start.

#### When You Are Clear About Your Reasons for Wanting to Make a Change, It's Time to Set Your Goals

- **Long-term goals:** These are goals that you want to reach in six to 12 months. A long-term goal might be to eat plenty of vegetables and fruits every day.
- Short-term goals: You may not be ready to eat more vegetables and fruits every day. What are the short-term goals that will help you get there? Your first small goal might be to eat fruit at breakfast each day. As soon as you've reached that goal, you can set a new one by adding vegetables or fruits to your lunch or dinner. Or you could try eating a piece of fruit as a snack every day.
- Update your goals: It will help you stay motivated if you track your progress and update your goals as you move forward.



#### Tips for Setting Goals:

- Focus on small goals. This will help you reach larger goals over time. With smaller goals, you'll have success more often, which will help you stay with it.
- Write down your goals. This will help you remember, and you'll have a clearer idea of what you want to achieve. Make a personal action plan where you can record your goals. Hang up your plan where you will see it often. It will remind you of what you're trying to do.
- Make your goals specific. Specific goals help you measure your progress and adjust your plan. For example, setting a goal to eat vegetables two times each day is better than a general goal to "eat more vegetables."
- Focus on one goal at a time. By doing this, you're less likely to feel overwhelmed and then give up.
- As soon as you reach a goal, set a new one.

#### **GAMES & PUZZLES**

## **Guess That Canadian City!**

- 1. This city hosted Canada's first and only Summer Olympics in 1976.
- 2. Ginger beef was invented in this city in the 1970s.
- 3. Terry Fox began his "Marathon of Hope" in this city.
- 4. This city has the highest population and is the most visited in the country.
- 5. In the 1900s, illegal tunnels were built in this city to hide Chinese immigrants who were avoiding discrimination or who couldn't afford the head tax.
- 6. This town is dubbed the "polar bear capital of the world."





Joke of the Month

Crossword

Why do seagulls fly over the sea? Because if they flew over a bay, they would be bagels.



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David is invested in our Westside communities because this is where he lives, works and plays.



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