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THE OFFICIAL SBHCA COMMUNITY NEWSLETTER



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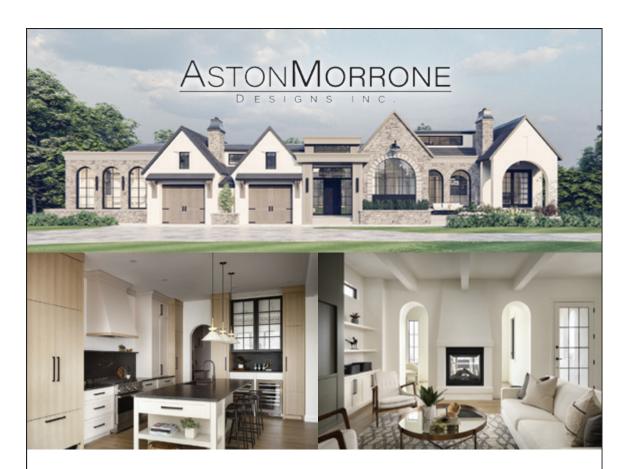
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PRESIDENT'S MESSAGE

Greetings to residents of the Springbank Hill community.

At this time of year, our SBHCA board of directors review and update plans for our 3-year capital spending plan. As most of the funds are provided through our sponsorship of AGLC casinos, we are also required to get the approval from the province prior to spending any of these 'restricted' funds.

The following is an update of the current SBHCA capital spending plan. The status on planned projects is as follows:

Playground Structure Addition at Springbank Hill Community Park: The City of Calgary recommended against proceeding on this project as there is playground infrastructure across the street and the proposed playground could not be placed over the waterline that leads from the street to our new Community Garden. We are instead looking at the creation of a Truth and Reconciliation hill at the park that will honour First Nations people that live in Calgary and the surrounding area.

Water Feature Repair at Springbank Gate Park: We have unsuccessfully tried three times to obtain a grant to repair the waterfall from the Government of Alberta. The Government of Alberta declined all our applications and has identified that this is a City of Calgary responsibility. We have spoken to the City of Calgary on a number of occasions and have asked our Ward 6 Councillor, Richard Pootman, to engage the appropriate City staff on this project.

Montreux Rink Upgrades: Our Montreux Rink enhancements have been delayed as the new Letter of Occupancy agreement with the City of Calgary is not yet in place. We will not be able to build a permanent structure on the land as a school will be built on this land hopefully in the not-too-distant future. We are looking at portable options for a building and other enhancements. In the interim, we are continuing with plans to do some further grading and landscaping work this year. We also added some items, including a picnic table and bench.

Springbank Hill Rink Upgrades: Several upgrades have been completed, including grading and re-seeding as well as the addition of small boards and a rink liner to contain water, and the addition of picnic tables and benches.

The SBHCA board of directors will be updating this SBHCA capital spending plan over the next month. This will involve the identification of potential new projects. The updated plan will be shared with you later this summer and we would appreciate any feedback you may have as well as ideas for other future projects.

We wish you all the best for the 2023 summer season!

Elio Cozzi

President – Springbank Hill Community Association





calendar Baby Names

June is one of the top three calendar baby names, along with May and April/Avril (French). From 1915 to 1941, June was a top 100 name for boys and girls, peaking at #39 in 1925. Since 2008, the name June has been making a comeback, particularly as a middle name for girls.



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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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!



BOARD OF DIRECTORS

BOARD OF DIRECTORS				
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Rhonda Smith	Vice President	vp@springbankhill.org		
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Carly Deibler	Secretary and Director, Social Media	secretary@springbankhill.org	Springbank Hill Community Association	
Alex Casuga	Director, Community Rinks	planning@springbankhill.org		
Dan Hnatyshyn	Montreux Rink Coordinator	somrink@springbankhill.org		
Jeff Davidson	Director, Community Gardens	community growers@springbankhill.org		
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Sola Ajiboye	Director, Grant Funding	info@springbankhill.org		
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VOLUNTEERS				
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Dave Walker	Springbank Hill Scout Troop #137	springbankhill 137 scouts@gmail.com		
Paul Duncan	Springbank Hill Rink Coordinator	info@springbankhill.org		
Fiona Christiaansen	Casino Fundraiser Lead			
General Inquiries	info@springbankhill.org			
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Springbank Hill Homeowners Association info@sbhha.com, www.sbhha.com
The Slopes Community Association www.theslopes.ca
Springborough Homeowners Association www.springborough.ca

SCAN HERE TO VIEW ADDITIONAL SPRINGBANK HILL CONTENT News, Events, & Crime Statistics Statistics Statistics





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.

Living on Springbank Hill – Meet the Taylors!

by Shelly Smith and Rosanna Taylor

The Taylor family is being featured in our first edition of 'Living on Springbank Hill.' Thank you, Rosanna, for the great interview!

Eric and Rosanna moved into a home in Springborough in 2011. One reason that they chose Springborough (on Springbank Hill) is the proximity to the CTrain that was soon to be built for their commute to work. Also, Rosanna has a Masters in kinesiology from California Polytechnic State University. Her thesis was on 'Active Transportation to School,' through which she saw the great benefits of living so close to the soon-to-be-built Griffith Woods School. The proximity to the mountains was also a big bonus.

The Taylor family, which now includes three beautiful boys, love the outdoors. Rosanna and her boys have 'woods time' before school by walking through Springbank Community Park, even before it was officially a park. They all love hiking in Kananaskis, camping, and building bonfires to enjoy family time around. The Taylor family are members of the Junior Forest Wardens Sarcee Club, which provides their family with some tremendous outdoor opportunities.

The Taylors love Griffith Woods School, including the teachers and programming. The oldest son is very proud that he was part of the first group of students to attend the school when it opened, which is a very cool bragging right!

If Rosanna isn't busy enough with three boys, she also has her own business. She teaches private and group fitness sessions, pre/postnatal exercise, and dynamic aging.



Trust Your Instincts

by Shelly Smith

This article was first published in our October 2022 newsletter. We have republished it as a reminder to everyone living on Springbank Hill to be mindful of our surroundings.

We live in such a beautiful community, which in the past, has seen very low crime rates. I know that I have often felt that Springbank Hill is a cocoon, where nothing bad will ever happen. Well, times are changing, and we are seeing individuals coming into our community that may have a drug addiction or who are intent on committing a crime.

I had a wonderful conversion with Constable David Prajoux, our City of Calgary Community Liaison, about the number of instances that I have seen in our neighbourhood. He gave me some very wise advice, "If something doesn't look or feel right in your neighbourhood, it probably isn't. Trust your instincts!"

A great example of trusting one's instincts: a new neighbour, a busy mom and professional, was out on a Sunday morning walk by the stairs that lead down to Springbank Drive SW. She noticed a woman with a baby carriage coming up the stairs and wondered if she needed help. As she got closer, she noticed that the carriage was full of Amazon boxes. She realized something was wrong and called the police. The City of Calgary Police apprehended the individual thanks to my new friend's guick action!

Constable Prajoux also gives us this advice:

- If an emergency or crime is in progress, call 911 immediately.
- For non-emergencies, please call 403-266-1234.
- Do not approach the individual who may be committing a crime or may be suffering from drug addiction/in crisis.

So, be aware and be mindful of what might be happening in our community. If it doesn't feel or look right, it probably isn't. We have a beautiful community, let's keep it safe!





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Father's Day Trivia

by Shelly Smith

Here's to all the fathers, and father figures, in our lives. Enjoy the quiz!

- 1. Who is the woman credited for the creating the first Father's Day?
 - a. Jeanette Rankin
 - b. Sonora Smart Dodd
 - c. Elizabeth Kenny
- 2. Is Father's Day celebrated on the first, second, or third Sunday of June?
 - a. The first Sunday
 - b. The second Sunday
 - c. The third Sunday
- 3. When was Father's Day first celebrated?
 - a. 1910
 - b. 1900
 - c. 1880
- 4. What is the official flower of Father's Day?
 - a. Daisy
 - b. Carnation
 - c. Rose
- 5. Who is Luke Skywalker's father in the *Star Wars* trilogy?
 - a. Bon Jovi
 - b. Darth Vader
 - c. Charlie Chaplin

- 6. What was the name of the father in the TV show *The Brady Bunch*?
 - a. Tom Brady
 - b. Mike Brady
 - c. Joe Brady
- 7. According to Hallmark, where does Father's Day rank, in comparison to other holidays, for the most cards sent?
 - a. Fourth
 - b. Fifth
 - c. Sixth
- 8. According to Stats Canada, how many fathers (including biological, foster, and stepdads) were there in Canada in 2011?
 - a. 7.9 million
 - b. 8.2 million
 - c. 8.6 million
- 9. What was the average age of dads in 2011 according to Stats Canada?
 - a. 27.5
 - b. 28.3
 - c. 31.2
- 10. What cartoon bear was invented by a father for his son?
 - a. Winnie the Pooh
 - b. Yoqi Bear
 - c. The Boss

Answers can be found by visiting springbankhill.org.

Lemon Chicken Salad

by Jennifer Puri

Nothing says fresh like lemons.

Believed to have originated about eight million years ago, lemons are a hybrid between a bitter orange and a citron. The lemon's ancestors are the mandarin orange, pomelo, and citron, but the lemon is the most used of the citrus fruits.

Lemons start small and green but turn yellow as they grow and ripen. A lemon tree, properly cared for, can live up to a hundred years and can produce six hundred pounds of lemons per year. Lemons play an important economic and cultural role in our world. They are used to make medicines, beauty products, candles, cleansers, preservatives, and even invisible ink.

Regarded as one of the world's healthiest foods, lemons are rich in Vitamin C and fiber and are an important ingredient in the preparation of food such as tarts, meringues, liqueurs, the flavouring and seasoning of poultry, fish, and of course lemonade.

The acidity of lemons is perfect for salad dressings as shown in this lemon chicken salad recipe.

Prep Time: 25 minutes **Cook Time**: 35 minutes

Marinade Time: 6 to 24 hours

Servings: 3 to 4 Ingredients:

• 3 boneless, skinless chicken breasts

• 1/3 cup fresh lemon juice

• 2 garlic cloves, finely chopped

• 1 tbsp. Dijon mustard

• 1 tsp. Worcestershire sauce

• ¾ tsp. salt

• 1/2 tsp. coarse black pepper

ullet 34 cup extra virgin olive oil

• 2 tbsp. honey

• 1 large head of organic romaine lettuce

• $\frac{1}{2}$ pint of cherry tomatoes

• 1 cup seedless black olives

2 cups seasoned croutons

• 1 cup grated parmesan cheese

Directions:

 Prepare lemon dressing by combining lemon juice, garlic, Dijon mustard, Worcestershire sauce, salt, pepper, honey, and olive oil in a small bowl. Stir well or pour dressing into a small blender and blend



for about one minute. Transfer dressing into a Mason jar for easy storage.

- Place chicken breasts on a cutting board and pat dry with a paper towel. Use a mallet to flatten any parts of the breasts that are more than ¾ inch thick. Transfer chicken breasts to a bowl and add 3 to 4 tablespoons of lemon dressing. Cover and refrigerate for a minimum of six hours or a maximum of 24 hours. Refrigerate remaining lemon dressing.
- Pre-heat oven to 400 degrees Fahrenheit.
- Remove chicken from marinade and place in a large non-stick frying pan. Allow the breasts to brown or caramelize, approximately two minutes on each side.
- Place browned chicken breasts on a baking sheet lined with foil. Bake uncovered until cooked, about 25 minutes or until a meat thermometer placed in the thickest part of the breast reads 165 to 170 degrees Fahrenheit. Remove from oven, cover, and let sit for about 10 minutes.
- In a large bowl, prepare salad by tearing romaine lettuce into bite size pieces. Add cherry tomatoes, olives, croutons, and lemon dressing to taste. Portion salad on four plates and add sliced chicken breasts topped with a little lemon dressing to each one. Sprinkle with parmesan cheese, garnish with lemon slices, and serve.

Bon Appétit!



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, 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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November	22	5	18	\$687,400	\$667,500
October	22	11	11	\$968,000	\$920,000
September	22	20	13	\$799,900	\$795,500
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