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- Worldwide Network









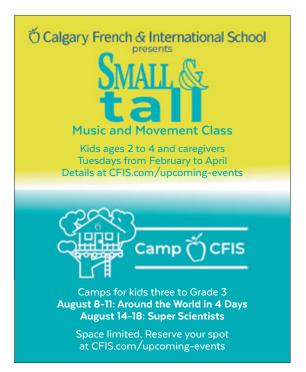
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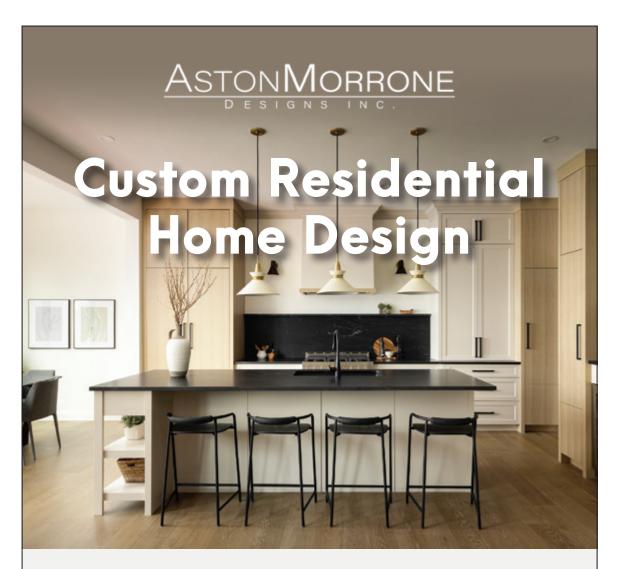
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New – SBHCA Residential Membership Changes!

hear from you!

We are pleased to announce that effective September 1, 2022, our residential membership will be a 12-month rolling membership. What this means is that your membership will expire 12 months after you signup, as opposed to expiring at the end of August every year.

If you have any questions, don't hesitate to contact us at membership@springbankhill.org.



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PRESIDENT'S MESSAGE

Greetings to all residents of Springbank Hill!

We are now moving into the tail end of the winter season, and I hope you have been able to enjoy some winter activities with your family. The Calgary area offers diverse options for winter outdoor activities, and our community offers a large network of walking paths and ravines as well as several ice rinks. Looking forward to the spring season, our children's soccer and t-ball program will commence in April, and registration did open in February. You can find more information about this program on our website at www.springbankhill.org.

We are currently planning two other events for the spring/summer season. The first is the Annual Community Cleanup event. This is a popular annual event that we now hold in collaboration with the City of Calgary and two adjacent community associations. It offers our residents a great way to dispose of items from their homes and garages at no cost and without the need to go the landfill site. Stay tuned for dates and other details. The second event will be the weekly mobile farm stand featuring a local vendor. We are sorting out dates, location, and vendor selection. Stay tuned for more information when it becomes available.

As always, we again remind everyone that as a volunteer organization, we depend on our community volunteers to plan, organize, and run all our events and activities. We are thankful for our existing group of volunteers who generously support our work, and we welcome any enquiries from new potential volunteers. Just reach out to us at info@springbankhill.org and we will be happy to discuss opportunities with you.

Stay safe and enjoy the remainder of our winter season! Warm Regards,

Elio Cozzi, President – Springbank Hill Community Association





Become a SBHCA Business Member

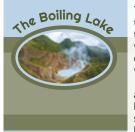
Springbank Hill is a vibrant and growing community. The rolling hills, trees, open spaces, and pathways are something that makes our community attractive to so many families and individuals. Through our ongoing communications with members, our events, and community properties (e.g. The Springbank Hill 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/.





The island of Dominica in the Caribbean Sea is home to a flooded fumarole (a vent for volcanic gases) full of hot, bubbling water and vapour. The hike to this World Heritage Site is treacherous and involves trekking through boiling, muddy forests and sulphuric gas. Although it's beautiful and otherworldly, visitors heware!

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	de
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.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	springbank hill 137 scouts@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 Homeowners Association info@sbhha.com, www.sbhha.com
The Slopes Community Association www.theslopes.ca
Springborough Homeowners Association www.springborough.ca





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!



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/.





Happy St Patrick's Day!



St. Patrick's Day Trivia

by Shelly Smith

Test your knowledge of St. Patrick's Day. Have fun!

- 1. What country is St. Patrick the patron saint of?
 - a. Canada
 - b. Ireland
 - c. Scotland
- 2. According to Irish lore, what did St. Patrick drive out of Ireland?
 - a. Snakes
 - b. Rats
 - c. Witches
- 3. What colour is worn on St. Patrick's Day?
 - a. Blue
 - b. Red
 - c. Green
- 4. What date in March is St. Patrick's Day?
 - a. March 1
 - b. March 16
 - c. March 17

- 5. How many pints of Guinness are consumed worldwide on St. Patrick's Day every year?
 - a. 13,000,000
 - b. 1,300,000
 - c. 1,000,000
- 6. What is St. Patrick's nickname?
 - a. St. Paddy
 - b. St. Patty
 - c. St. Irish
- 7. When and where was the first St. Patrick's Day parade held in Canada?
 - a. Quebec City in 1765
 - b. Ottawa in 1870
 - c. Halifax in 1790

Answers can be found at https://springbankhill.org/%pagename%/.



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Learning More About SBHCA (Springbank Hill Community Association)

by Shelly Smith

What area does SBHCA cover?

SBHCA covers a larger area with over 4,000 households and growing. Check out the map included in this article. The boundaries of Springbank Hill area as follows:

North: 17 Avenue SWSouth: Glenmore TrailEast: 69 Street SWWest: 101 Street

We serve the following subdivisions, with more being created as the community grows:

Antapi	Elmont	
Highlands	Montreux Estates	
Post Hill	Spring Haven	
Spring Willow	Springbank Hill	
Summit of Montreux	The Slopes	
Highgate	Mystic Ridge	
Spring Valley Estates	Springbourough	
Timberline Estates		

What is the difference between a community association and a homeowners' association?

We have been asked many times what the difference is between a community association and a homeowners' association, which are distinct from each other. To learn more about the differences, please visit https://springbankhill.org/our-community/homeowners-association/.

If you have any questions and/or would like to volunteer don't hesitate to contact us at membership@springbankhill.org.





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.

Pig Beach

Major Cay, an island in the Bahamas, has been home to a colony of feral, swimming pigs for decades. No one knows for sure how they got there. Some suspect that the pigs were survivors of a shipwreck and swam ashore, while others believe they were put there by inhabitants of a neighbouring island who didn't want them living on their island.







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.



Your Medical Grade Aesthetics Clinic

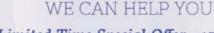
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Fine Lines and Wrinkles
Skin Quality
a Large Pores
Stretch Marks
TMJ Pain

Aging Skin Spider Veins Thinning Lips Chronic Migraines Excessive Sweating

Stretch Marks
Turkey Neck
Leg Veins
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RESIDENT PERSPECTIVES

The Children of Weather

by Ananya Mirok, Grade 5



Icicles are like shards of glass growing on the windowpane Wind whirls around it as it goes
Trees put on its coat of snow
The pine dances in the air
Doing the waltz with the snow
The frost lands lightly on the hill
Chilly wind sways the trees and bends the leaves
Sparks of snow, fall so bright
Glittering even in the night
The only colour is grey and white
Throughout the day and in the night

The snow is now melting
Frost is all gone
Ice is slipping off the bark
And now it's dawn
Sprouts and beans are growing now
The butterflies are flying around
Petals are growing but not here yet
People are planting, knees on the ground
Seedlings are hatching, growing right now
Caterpillars are crawling around
Eating every leave in sight
With the butterflies in the sky
They wish they could take to flight

Petals in the sky Blossoms in my eye Day as bright as light As well as in the night Sky as blue as the sea But is lighter than thee Birds are coming back And that is a fact In the warmth and light The sun comes very bright At the beach we play In the hotness of the day Greenest grass in all the land Same with the trees and leaves Summer is coming to an end That means school will start again

The smell of apple pie walks through the air Filling our nostrils with the scent of cinnamon We see streaks of colour hitting the ground All the leaves floating around Autumn is leaving us once more Winter is now walking through the door

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AT JANIS CARE SERVICES, WE FOCUS ON EACH OF OUR CLIENTS' UNIQUE NEEDS AND ENSURE THAT ALL OUR CAREGIVERS SHARE OUR PASSION. SKILLS CAN BE TAUGHT, BUT ATTITUDE CANNOT.









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9,900
89,500
57,500
20,000
5,500
20,000
5,000
27,500
21,800
0,750
55,000
5,000

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

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* MLS data, Calendar 2022. Detached homes on the Westside – the combined communities of West Springs, Aspen Woods, Springbank Hill, Discovery Ridge, Signal Hill, Christie Park, Strathcona Park, Coach Hill, Patterson, & Cougar Ridge.