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Cover Photo by Shelly S.

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10 Signs That You May Be Suffering from Anxiety

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



Feeling anxious at times is completely normal. However, unchecked it can become maladaptive and cause distress in our daily lives. How can we tell if our feelings of anxiousness have crossed over into a disorder? Sometimes it's not easy, as anxiety can show up in many different forms such as phobias, social anxiety, and panic attacks.

You may be suffering from unchecked anxiety if you experience any of the following on a regular basis.

- 1. Perfectionism.** Putting expectations on yourself that are not realistic to meet, setting yourself up to fail or not even starting a task due to fear of failure.
- 2. Compulsive Behaviour.** Repeated behaviours like checking locks and washing your hands, overindulging in mood altering substances to relax, or experiencing constant intrusive thoughts.
- 3. Self-Doubt.** Constant negative thoughts or talk that is negative about yourself.
- 4. Muscle Tension.** May cause discomfort around the neck and shoulder area, leading to ongoing headaches and other physical problems.
- 5. Chronic Indigestion.** Trouble enjoying meals because of chronic indigestions and stomach issues.
- 6. Self Consciousness.** Frequent worry about how you present yourself to others in terms of appearance, speech, and mannerisms.
- 7. Panic and Flashbacks.** Feelings of doom and extreme worry that may cause shortness of breath, dizziness, and nausea. This may include flashes of something traumatic from your past.
- 8. Irrational Fears.** Frequent thoughts that are causing fear and discomfort about certain situations. These thoughts lead you to equate those experiences with feelings of dread and worry resulting in self-limiting behaviour.
- 9. Sleep Problems.** Trouble falling asleep or staying asleep, with frequent thoughts related to worry waking you up.
- 10. Excessive Worry.** Difficulty focusing due to intrusive thoughts and frequent worry. This may lead to nervousness, the inability to focus, and feelings of panic.

If any of these symptoms describe how you feel on a regular basis, please seek professional guidance from a psychologist for a formal diagnosis. Cognitive Behavioural Therapy (CBT) is generally the first step and the gold standard for anxiety management. Additionally, your psychologist can help you decide if seeking medical/pharmaceutical intervention from your doctor may also be necessary.

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Shelly Smith	Director, Memberships, Sponsorships, and Newsletter	membership@springbankhill.org
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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	

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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

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News, Events, & More



Crime Statistics



Real Estate Statistics



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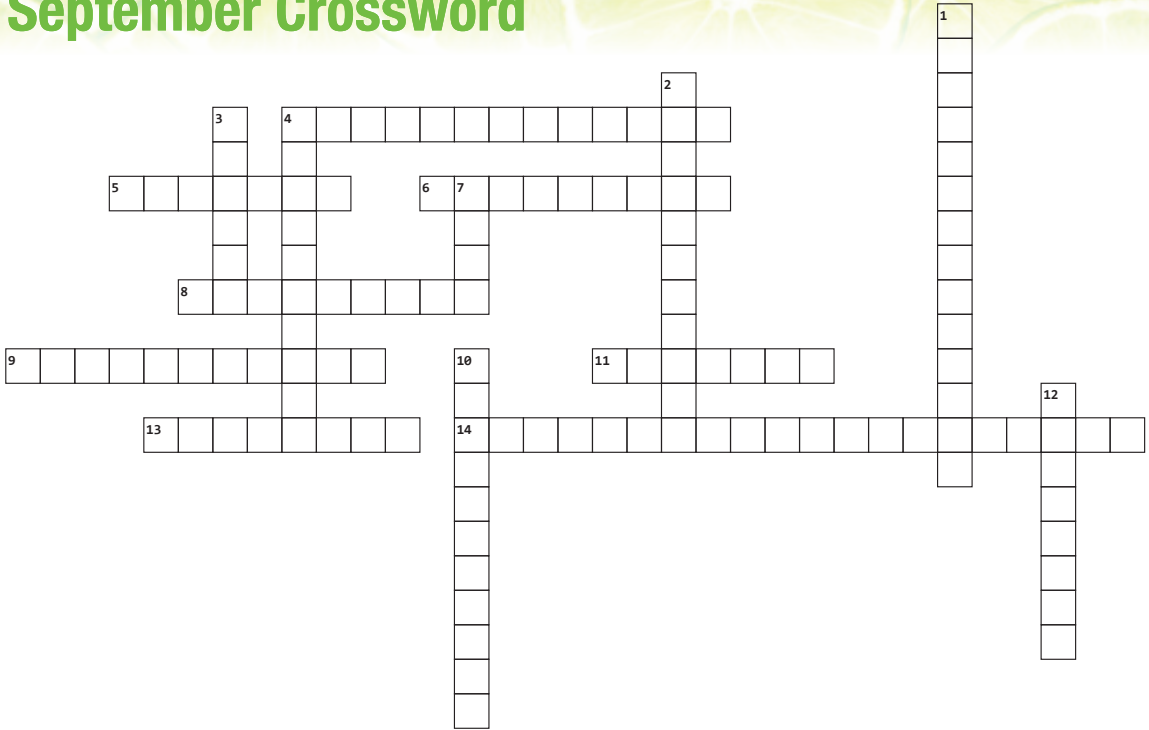
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September Crossword



Across

4. On September 23, 2023, also known as the _____, night and day are approximately the same length.
5. On September 1, 1905, this Canadian province was named after Queen Victoria's daughter.
6. Published by John Ronald Reuel on September 21, 1937, this novel is a prequel to one of the most popular fantasy series of all time.
8. On September 13, 1969, CBS aired this cartoon mystery series, and as a result, this day is known as _____ Day.
9. Born on September 21, 1947, this well-known horror author's work has been adapted over 50 times for film.
11. Once called the Mayor Daley Marathon, this marathon, which first took place on September 25, 1977, is one of the world's six major marathons, the others being Berlin, Boston, London, New York, and Tokyo.
13. This Kyoto-based company was founded by Fusajiro Yamauchi on September 23, 1889, and originally produced handmade Japanese playing cards.
14. Published by Gaston Leroux on September 23, 1909, this novel was originally published in segments in a French newspaper called *Le Gaulois* but has also been adapted into a film and musical.

Down

1. Set in the Stone Age, this popular animated family show premiered on September 30, 1960.
2. On September 12, 1970, the _____ was the first to launch a robotic probe that brought back rock samples from the Moon to Earth.
3. The Battle of the Plains of Abraham, which lasted 15 minutes and took place on a farm, led to the surrender of this city.
4. On September 13, 1899, the first ever recorded fatal _____ crash occurred in the United States.
7. This iconic Enrique Iglesias song was released on September 3, 2001.
10. This coming-of-age novel, set in 19th century Massachusetts and written by Louisa May Alcott, was published on September 30, 1868.
12. International _____ Day is observed on the third Saturday of September and is intended to bring awareness to this endangered, ring-tailed mammal.



SCAN THE QR CODE
FOR THE ANSWER KEY

Greetings!

The community association completed our fiscal year-end on August 31, and we are currently busy completing our annual financial statements, which will be shared with our members following validation by our auditors. So, it's a busy time of year as we also need to complete our annual budget and capital expenditure plan prior to our AGM in October.

We do encourage all members to attend our AGM so that we can share this information with you and receive your feedback. Comments from our community are desired so that we can confirm that the community association is meeting the needs of our residents.

I want to take this opportunity to once again remind members to renew their annual memberships. With a cost of only \$25 per family, this is a nominal amount but greatly appreciated by the community association as it helps us cover our operating expenses. As a non-profit, we do keep our overhead costs to an absolute minimum so that the majority of our revenues can be used to cover the costs of our events and programs. We welcome new members as well; simply go to our website to purchase your membership.

As noted elsewhere in this newsletter, we recently revised our residential memberships to a rolling 12-month process so that new members can purchase a full year at any time. This will mean that membership renewals will be scattered throughout the year, however, as most of our existing members have an August 31 expiry date, you should have received a renewal notice already.

As always, we welcome feedback from our community members, and we encourage you to consider volunteering so that we can expand our offerings withing in our community.

Stay safe, keep active, and enjoy all that our community offers you!

Elio Cozzi

President – Springbank Hill Community Association



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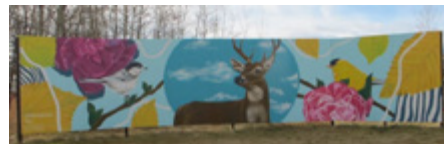
Photo Courtesy of Simon B.

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.

Belong

to your community



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.

Caring for Springbank Hill Wildlife

by Shelly Smith

Much to my surprise, a beautiful fawn was napping on our front steps. I couldn't see the mother anywhere and was worried about the fawn being abandoned.

I called 311 and couldn't get through, so my husband called Alberta Wildlife (403-297-6423). The agent who spoke to my husband was very helpful. She said that mothers often hide their little ones in areas where they feel the baby will be safe while going off to forage for nourishment for a few hours, coming back to collect the babies after they are done. The agent mentioned that we should not touch the animal or try to go near them.

The agent was 100% correct in her assessment. Mama came back to collect not one, but two fawns from our yard. A picture of them is on the front cover of this newsletter. It is nice to think that Mama thought her babies would be safe in our yard while she was busy.

If you see wildlife that you might think are abandoned or in distress, call 403-297-6423.



mybabysitterlist

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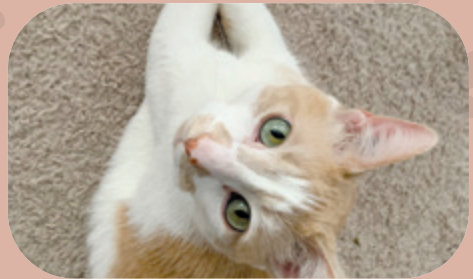
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Tiger, *Copperfield*



Walter, *Evergreen*



Xanthe, *Copperfield*

To have your pet featured, email news@mycalgary.com

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!



BRAIN
GAMES

SUDOKU

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	5	8					6	
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What to Do if You See Graffiti or Abandoned Bicycles on Springbank Hill

by Shelly Smith

Walking on the beautiful pathways on Springbank Hill, I have noticed an increase in graffiti (on garbage bins, utility boxes) and abandoned bicycles. The amazing mural that graces our Springbank Hill community park also had graffiti on it. So, what do we do when we see these things in our neighbourhood?

Graffiti

A SBHCA board member reported the graffiti on the Springbank Hill community park mural to the City of Calgary who promptly took care of it. If you see graffiti, here is all the information you need to know to report it and get the graffiti removed: <https://www.calgary.ca/bylaws/graffiti-recording-reporting-removing.html>.

Abandoned Bicycles

Simply call 311.



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



calgary.ca/localfood

Word of the Month

Metanoia: noun (met-uh-noi-uh)

A transformative change of heart.

“Upon finishing her book, Alice experienced a metanoia.”



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/>.



Disclaimer: The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

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@springbankhill.org to learn more!



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📱 @pootmans

📱 @richardpootmans9

Hello Ward 6,

Back to School Reminder

As we begin another school year, I ask that you take extra caution when driving through school zones in the morning and afternoon. Thousands of students will be returning to school, and I want to remind us all to be attentive in the designated zones and student loading spots. Check with your child's school traffic coordinator on the rules in the pick-up/drop-off zones.

Also remind your children to be extra attentive walking across the street. Put away devices, dismount bicycles, and look both ways before crossing.

Wishing everyone a safe and fun school year!

Ward 6 Open House

Save the date! On Wednesday, October 4 from 6:00 to 8:00 pm, I will be hosting our Ward 6 Open House at Rundle College (7379 17 Avenue SW). The Ward 6 office staff and I will be on hand to address any questions or concerns that you may have. Other City of Calgary attendees will include representatives from Mobility, Parks, Waste & Recycling, Transit, Neighbourhoods, the Calgary Police Service, and many more. We look forward to seeing you there!

Follow us on our social media accounts and ensure that you are up to date on all our community events!

Keep in Touch

Have you signed up for our digital newsletter? You can do so on my website at www.calgary.ca/ward6.

Keep up to date with all the latest from your Ward 6 Councillor! Follow me on Facebook, Twitter, and LinkedIn:

Facebook: www.facebook.com/pootmans

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Warm Regards,

Councillor Richard Pootmans

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April	23	25	14	\$737,450	\$755,000
March	23	24	18	\$949,500	\$971,500
February	23	11	9	\$549,900	\$535,000
January	23	19	7	\$949,900	\$959,900
December	22	6	8	\$1,422,500	\$1,389,500
November	22	5	18	\$687,400	\$667,500
October	22	11	11	\$968,000	\$920,000
September	22	20	13	\$799,900	\$795,500
August	22	15	11	\$845,000	\$820,000

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

David is a friend.

David believes in the power of friendship and building strong communities. That is why he continually supports our community through his Artist in Residence programs with our local schools, the annual Music in the Park event in Discovery Ridge, and helping homeowners get the most value from their investments.

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