

AUGUST 2024

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THE OFFICIAL SBHCA COMMUNITY NEWSLETTER



Cover Photo by Shelly S.

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Vacant	Director, Grant Funding	info@springbankhill.org
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Vacant	Director	info@springbankhill.org
Vacant	Director at Large	general@springbankhill.org



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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

SCAN HERE TO VIEW ADDITIONAL SPRINGBANK HILL CONTENT

News, Events, & More



Crime Statistics



Real Estate Statistics



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PRESIDENT'S MESSAGE

Warm greetings to all! Are you enjoying the summer season? We are entering the month of August which means one more month of summer fun before kids are back to school.

Our community association is busy this time of year preparing for our fiscal year end and developing our budget for the 2024-2025 year which for us begins on September 1. We've had some success with the recruitment of a few new board members and volunteers, but we always have room for one or two more. With the addition of board members and volunteers we are able to increase the number of events held in our community as well as accelerating our capital projects. So, if you are thinking about giving back to your community, please consider reaching out to us at info@springbankhill.org and we will be happy to discuss opportunities directly with you.

If you haven't visited our summer farm stand you should also consider dropping by to check out the offering and perhaps pick up some fruits and vegetables. The farm stand is hosted by FreshPal Farms every Saturday from 4:00 to 6:00 pm in the Valleyview Church parking lot, throughout the summer season.

And check out the article in this newsletter about summer kids' programs in the Springbank Hill area run by the City of Calgary.

Stay safe and enjoy our summer season!

Elio Cozzi

President, Springbank Hill Community Association

FASTEST MAN ALIVE

Back in 2012 at the London Olympics, Usain Bolt made history by becoming the first athlete ever to win both the 100 metre and 200 metre races in consecutive Olympics. Talk about lightning speed! Bolt still holds the record for the fastest 100 meters at 9.58 seconds and the fastest 200 meters at 19.19 seconds.



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SBHCA Business Member Discounts

by Shelly Smith

Check out our SBHCA business members below. We thank them for their participation in our community association!

Your SBHCA residential membership includes a SBHCA membership card for discounts with these businesses. To download your card, log into your account at www.registrationsystem.strategicconsultinggroup.ca/springbankhill/login. On the bottom right of the screen you will see a section called 'SBHCA Membership Card' – just select the download option to download your card.

Business name	Type of business	Member discount
All Things Cinnamon	Bakery	All new customers that are residents of Springbank Hill will receive 15% off their first order of Cinnamon Buns!
Big Sky Ventures	Electrician	
The Barbershop (Denim & Smith Aspen)	Hair Industry	15% off retail with any service. \$5 off any service on first visit.
Scarlett Hair Extensions and Academy	Hair Extensions	25% off! Use promocode SPRINGBANKHILL at checkout.
Springbank Dental	Dental Care	
Springbank Skin Centre	Beauty	10% off any service over \$150.



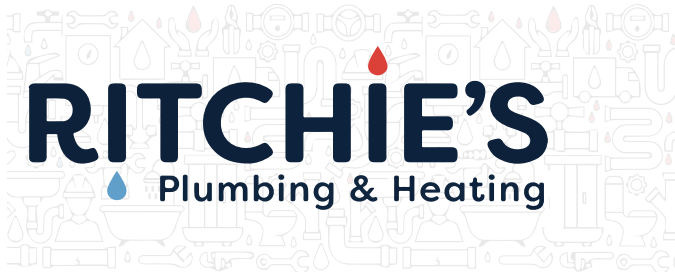
Become a SBHCA Business Member

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 www.springbankhill.org/business-members/.



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		Listed	Sold	Listed	Sold
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May	24	30	33	\$895,000	\$888,000
April	24	24	23	\$819,000	\$861,250
March	24	36	28	\$899,450	\$938,500
February	24	24	17	\$589,900	\$620,000
January	24	20	18	\$372,450	\$383,750
December	23	15	14	\$449,950	\$449,750
November	23	16	19	\$845,000	\$808,000
October	23	15	10	\$924,000	\$902,500
September	23	19	11	\$1,049,000	\$1,070,000
August	23	14	17	\$948,000	\$941,000
July	23	18	28	\$997,500	\$992,250

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

UPCOMING EVENTS ON THE HILL

Farm Stand

Time period: Weekly - June 15, 2024, through October 2024 (weather permitting)

Vendor: FreshPal Farms

Location: Valleyview Church parking lot

Time: 4:00 to 6:00 pm

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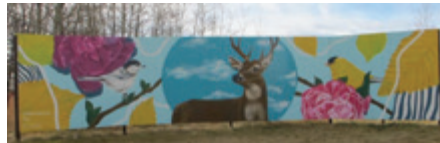
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- Access and discounts on various events in our community
- The ability to rent one of our community garden boxes
- Advocacy on community concerns relating to safety, development, and the natural environment
- Opportunities to provide input on community 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/>.

Summer Programs Around Springbank Hill

by Michelle Varem

Does the summer heat have you feeling beat? Are the kids already saying they're bored with one more month left till school? Has your staycation been a lot of binge-watching *The Office* for the twelfth time? Good news – there are some great summer programs and initiatives going on in and around our community. Even better news – many of them are free.

The City of Calgary has great summer programs for community members of all ages. The ever-popular Park and Play programs have been taking place through July and will continue through August. These are unparented day camps for kids six to twelve and are drop-in each day, on a first-come first-serve basis. There is also a parented Stay and Play program for three- to five-year-olds that operates in a similar way. Both programs take place August 6 to 9 at Griffith Woods School field.

For adults there is a Fit Park program, where certified trainers guide participants through using the outdoor park fitness equipment throughout the city. Springbank Hill residents can hop in their cars for a short drive over to Edworthy Park to enjoy this drop-in program at the Point McKay equipment on various dates throughout August. Check out www.calgary.ca/free for dates for these programs and more information on other offerings throughout the city.

If you aren't much for outdoor activities and prefer something a bit more bookish, the Calgary Public Library is running their Ultimate Summer Challenge again this year for readers of all ages. Readers can visit a branch or print off a map and track their reading through the summer starting anytime and running until August 31. If you aren't much for the printed word, rest assured, audiobooks count as well. There are some great prizes to be won at the end of the summer, you can find more information at www.calgarylibrary.ca/events-and-programs/ultimate-summer-challenge/. The library also offers in person programming throughout the summer, information on these can be found on their website as well.

Last but not least Westside Recreation Centre borders our neighbourhood and has a variety of summer

programs available for members and non-members at reasonable prices. Day camps are ongoing and many of the programs have been filled but there are still some August sessions and drop-in programs with availability. Registration for fall programs will be opening up midway through August for anyone already looking ahead to September and beyond.



Word of the Month

Mellifluous: adjective
(muh-lif-loo-uhs)

Sweet or smooth sounding,
as in a voice or string of words.

She believed Spanish to be the most
mellifluous language in the world.



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Springbank Hill Farm Stand 2024

We are pleased to announce that Springbank Hill is partnering with FreshPal Farms, based in Olds, Alberta, to host a weekly farm stand. FreshPal Farms boasts a unique commercial passive solar



greenhouse. Unlike traditional greenhouses, a passive solar greenhouse does not rely on solar panels, heaters, or fossil fuels for energy. Instead, it utilizes polymer plastic on its roof and south-facing wall to harness all of its required energy from the sun. The north-facing wall of the greenhouse is constructed with one-meter-thick clay, which effectively captures and stores solar heat, releasing it slowly at night. This innovative design allows FreshPal Farms to cultivate certain plants year-round.

In addition, they enrich the soil through the use of compost and manure while avoiding the use of pesticides, herbicides, or fungicides. The produce sold at the farm stand is picked ripe and brought directly to Springbank Hill, ensuring maximum freshness and quality.

FreshPal Farms will offer their famous delicious thin-skinned tomato varieties, of which they grow almost 30,000 lbs each year. Additionally, they will also have cucumbers, muskmelons, watermelons, peppers, eggplants, pole beans, squash, cabbages, broccoli, cauliflower, bok choy, spinach, green onion, basil, and dill weed during the season. You can find FreshPal Farms' farmers market stand on Saturdays. We look forward to seeing you there!

Date: Every Saturday. Starting June 15, 2024

Time: 4:00 to 6:00 pm

Location: Valleyview Church entrance (7655 26 Ave SW)

For weekly updates, be sure to follow Springbank Hill Community Association (SBHCA) and FreshPal Farms on Facebook and Instagram.



Weekly Farm Stands



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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.

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 www.springbankhill.org/partners-sponsors/.

Vacation Preparation

by Michelle Varem



Vacation season is in full swing and many of our neighbours are heading out camping, on road trips or on longer vacations across the country or overseas. While it is a lot of fun to go away, there are a few things to ensure that your return home is smooth as well.

In terms of safety - Constable David Prajoux wants to remind community members who are leaving for extended periods of time to check in with neighbours to let them know when and how long you'll be away. It is also important to get someone to check in on your home periodically, whether that be a neighbour or a friend or family member.

Apart from safety, there are several things to do prior to leaving on vacation other than pack. Feel free to use the checklist below to help you stay on top of things before leaving so that when you arrive home the only thing you need to worry about is unpacking and letting your head hit the pillow for a good night's sleep back in your own bed.

- Wash, dry, and put away dirty dishes and make sure your dishwasher is empty.
- Empty all trash cans and compost bins.
- Finish or give away any perishable items from the fridge.
- Water plants.
- Shut off water main line to save money and avoid costly leaks.
- Adjust your thermostat so no heat or AC is on unnecessarily.
- Unplug any unnecessary electronics to save a bit of energy while away (e.g. toaster, coffee maker).
- Make sure all light switches are turned off.

- Set any timers on lights to go on for a couple hours in the evening (if you have them).
- Close blinds and curtains.
- Check to make sure all windows are closed, and all back doors/balcony doors are locked.
- Ensure garage door is locked and turn off the light for the garage overhead door.
- Lock all vehicles being left behind and be sure there is nothing visible inside for any vehicles being left on the driveway or street. Make sure there are no keys including valet keys inside any vehicles as well.
- Turn on your alarm, if you have one.

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