

JULY 2024

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THE OFFICIAL SBHCA COMMUNITY NEWSLETTER



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Cover photo by Michelle V.

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Vacant	Secretary	secretary@springbankhill.org
Stephen Carter-Edwards	Director, Planning and Development	planning@springbankhill.org
Dan Hnatyshyn	Montreux Rink Coordinator	somrink@springbankhill.org
Jeff Davidson	Director, Community Gardens	communitygrowers@springbankhill.org
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Peter Agbongiator	Director, Traffic and Safety	traffic@springbankhill.org
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## VOLUNTEERS

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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 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

Greetings!

As we enter our summer season, I wanted to take this opportunity to acknowledge and thank our volunteers who help us deliver our programs and services to all the residents of Springbank Hill. Although we have a very strong and engaged board of directors, our board members do rely on the significant contributions of these volunteers to enable the execution of these programs and services. So, this is a big shout out to those who have stepped forward and given us their time and energy on a regular basis.

Starting with our seasonal ice rinks, we appreciate the leadership of our newest rink coordinator at the rink on Springbank Boulevard, Andrew Unruh and his team of volunteers, fondly called the 'rink rats'. Similarly, our rink on St Moritz Drive in Montreux is operated by Dan Hnatyshyn and his team of volunteers. This Montreux team not only operates the rink but is also developing a vision and detailed plan for a major upgrade in the near future – stay tuned for more information.

Many thanks also to Laura Butynets who has coordinated our children's soccer program at the field beside Griffith Woods School over the past few years. Although we were unable to proceed with this program in 2024, we are looking at options for 2025.

Our newsletter editor role is currently handled by volunteer Michelle Varem, and she works closely with our board member and Vice President Shelly Smith. And our weekly summer farm stand at Valleyview Church has been coordinated by Tara Sawatzky. Volunteers, such as Kevin Graham, who led our community park cleanups are also much appreciated. We have a few new volunteers in the past few months; Joanne Bennett who is leading efforts to develop an idea for a new project referred to as an adult outdoor fitness park, and Anne Hobbs who graciously stepped up to help us with grant applications to secure funding for several of our capital projects.

There are numerous other volunteers who assist us from time to time, particularly with special events and for our planning and development committee work.

Many thanks once again to all these wonderful volunteers, and this is also my opportunity to state that we always have room for new volunteers to join us. If you

have a passion to make our community a better place through the development of new programs and services, please reach out to us at [info@springbankhill.org](mailto:info@springbankhill.org) and we can discuss our current volunteer opportunities with you.

Warm Regards,

*Elio Cozzi*

President, Springbank Hill Community Association

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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](http://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	Beauty	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/](http://www.springbankhill.org/business-members/).



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		Properties		Median Price	
		Listed	Sold	Listed	Sold
May	24	32	32	\$897,450	\$889,000
April	24	25	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
June	23	37	18	\$900,000	\$934,000

To view more detailed information that comprise the above  
MLS averages please visit [sph.mycalgary.com](http://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

### CONNECT WITH US ONLINE

[WWW.SPRINGBANKHILL.ORG](http://WWW.SPRINGBANKHILL.ORG)



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## 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/>.



## 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**



Support local  
[calgary.ca/localfood](http://calgary.ca/localfood)



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](mailto: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](mailto:membership@springbankhill.org) or further details can be found at [www.springbankhill.org/partners-sponsors/](http://www.springbankhill.org/partners-sponsors/).

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# Happy Hotcakes! It's Breakfast Time!

by Michelle Varem

Neighbours it's that time of year again. The time of year where you wake up, throw on your jeans, walk straight past your fridge and toaster, and out the door with an empty stomach and a smile on your face. That's right - it's Stampede breakfast time.

The small but mighty flapjack has been a staple Stampede tradition for 101 years now. It started on a whim in 1923, when Jack Morton drove his chuckwagon down Eighth Avenue and, along with some other cowboy friends, started cooking breakfast for the spectators who had been there to watch the morning Stampede performance. Pancake breakfasts were served out of chuckwagons every year thereafter, and the tradition still continues on Stephen Avenue, where you can attend a breakfast at Rope Square daily.

It wasn't until the 1950s when the breakfasts started expanding across the city. Businesses, churches, and politicians started holding pancake breakfasts. CFCN hosted their first breakfast at Chinook mall the year it opened, and Harry Hays was the first politician to flip hotcakes onto happy visitors' plates. Both the Chinook breakfast and the Hays breakfast continue on today and rank among the largest Stampede breakfasts in the city.

These days you can find pancake breakfasts just about anywhere and everywhere. Some places get creative too - you can find vegan breakfasts or anti-Stampede breakfasts with no pancakes at all. Many of the larger breakfasts have activities and entertainment to enjoy while you wait for your food including music, bouncy houses for kids, even petting zoos. Most breakfasts are free, and as a part of the Stampede spirit many of them will accept a food or monetary donation to the Calgary food bank or other charities - be sure to look it up before you go. If you are interested in partaking in any pancakes this year, check out [stampedebreakfast.ca](http://stampedebreakfast.ca) for a mostly comprehensive list and to find breakfasts near Springbank Hill or across the city.

Historical references provided by the new Sam Centre - you can read more about the history of the pancake breakfast here: [samcentre.calgarystampede.com/explore-and-learn/pancake-history](http://samcentre.calgarystampede.com/explore-and-learn/pancake-history).

## 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 would ever happen. Well, times are changing, and we are seeing individuals coming into our community that may be in crisis or who are intent on committing a crime.

I had a wonderful conversation 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 your instincts is a new neighbour, she is a busy mom and a professional. She was 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 quick action!

Constable Prajoux also gives us this advice:

- If an emergency or crime is in progress, call 9-1-1 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 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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**Oxymoron is an Oxymoron!**

The word "oxymoron" is an oxymoron itself. It's true! It combines two Greek words: "oxy" meaning sharp and "moron" meaning dull. So, the next time you hear "bittersweet", or "open secret" remember, the word describing these contradictions is also a delightful contradiction!

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