

MARCH 2024

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THE OFFICIAL SBHCA COMMUNITY NEWSLETTER



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Cover photo by Colleen B.

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BOARD OF DIRECTORS

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| Shelly Smith | Vice President, Director, Memberships, Sponsorships, and Newsletter | vp@springbankhill.org membership@springbankhill.org |
| Ezenwa Echefu | Treasurer | treasurer@springbankhill.org |
| Carly Deibler | Secretary and Director, Social Media | secretary@springbankhill.org |
| Vacant | Director, Planning | planning@springbankhill.org |
| Dan Hnatyshyn | Montreux Rink Coordinator | somrink@springbankhill.org |
| Jeff Davidson | Director, Community Gardens | communitygrowers@springbankhill.org |
| Vacant | Director, Grant Funding | info@springbankhill.org |
| Peter Agbongiator | Director, Traffic and Safety | traffic@springbankhill.org |
| Amaka Nwonye | Director, Events | events@springbankhill.org |
| Vacant | Director | info@springbankhill.org |
| Behrokh Azarian | Director at Large | general@springbankhill.org |



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 | |

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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sbhcayyc

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/>.



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. Many thanks to our lead volunteer Laura for organizing this successful program for another year!

The Annual Community Cleanup event will be happening this spring, stay tuned for the spring date of this event. This is a popular annual event that we hold in collaboration with the City of Calgary, Discovery Ridge, and Signal Hill Community Association. 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.

On the topic of volunteering, we continue to seek new additions to our volunteer team, and we also have a few openings on our board of directors. Please reach out to us at info@springbankhill.org to enquire about these opportunities, which we will be pleased to discuss further with you. With your help we can achieve even greater success in serving our community.

Sincerely,

Elio Cozzi

President, Springbank Hill Community Association

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.

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Some Yoga Poses to Help You Through the Winter

by Shelly Smith

Yoga has many wonderful benefits any time of the year. With the recent cold weather and snow, getting around outside is often taxing on our legs. This article focuses on how to keep our calves, hamstrings, and knees happy.

Lengthening The Backs of Our Calves

The calf muscle extends from the lower back of our knee to the ankle. Our calf muscles allow us to walk, jump and run. In the cold weather our calf muscles can shorten, which isn't pleasant. Sometimes our calf muscles bunch up, just at the bottom of the knee, which can cause knee pain.

A great way to lengthen our calf muscles is to place wooden yoga blocks (or hardcover books) at a wall on a mat so you don't slip (see Figure 1). Take your socks off. Place your toes and metatarsals (padding on the bottom of the foot just below the toes) onto the blocks. Look at the wall and raise your arms up, cup your fingers on the wall and climb the fingers up the wall. Look at your fingers versus looking down.

If the stretch is too intense take a lower height and gradually build up over time. If you cannot raise your hands up the wall place the blocks behind a chair and hold onto the backrest of a chair (Figure 2).



Figure 1



Figure 2

Opening And Lengthening Our Hamstrings

The hamstrings extend all the way from the back upper thigh (attaching to your Sit bones), crossing the knee joint and ending below the knee. These muscles allow

us to bend our knees, move our leg back, open our hip joints, etc. Tight hamstrings can also cause knee pain, so keeping them happy and healthy is important.

One of the easiest ways to open (expand across the back upper thigh) and lengthen our hamstrings is a simple 'legs up the wall' (see Figure 3). Place the short end of your yoga mat at the wall, sit down and come close to the wall (on either the right or left side). Swing your legs up the wall, ensure your entire back (including your sacrum) is level on the mat, and your Sit (buttocks) bones are as close to the wall as you can get. You can have a blanket for a head pillow, arms out to the side and relax. Think not only about lengthening your hamstrings, but also expanding the hamstrings in each leg out to right and left at the top of the thigh.

If you have super tight hamstring and this pose isn't accessible for you, there is another alternative (see Figure 4). Find a wall with a square corner jutting out (not in). Lie down on a yoga mat or carpet and lift your right leg up onto the supporting wall (90 degrees if possible), the left leg has knee bent and sole of the foot on the floor (if you can straighten the left leg please do so).



Figure 3

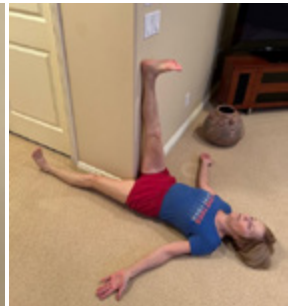


Figure 4

Keeping your calves and hamstrings healthy will also help keep your knees healthy and happy!

These poses are incredibly helpful year-round, including in the cold weather. There are so many yoga poses that can benefit our everyday life, if you have any comments or ideas for future poses you might want us to highlight in the SHBCA newsletter, don't hesitate to contact me at membership@springbankhill.org.

Please practise carefully and honour where you are when practicing. One day can be very different than the next.



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/>.

2024 SBHCA Kids' Soccer and T-Ball Registration is Opening Soon!

by Laura Butynets

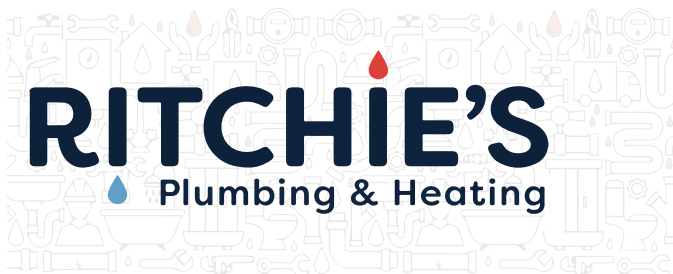
Hello Springbank Hill families! As the SBHCA Soccer and T-Ball Program Coordinator, I am excited to let you know that registration will be opening on February 1, 2024.

For eager parents wanting to register their children for soccer, the season will run for eight weeks, from April through June. Sign up will begin online at springbankhill.org in February. Please note that you will need a current SBHCA residential membership to sign up your children for soccer.

I encourage parents to sign up for volunteer duties when you are registering your child for the program online (you will see a section for volunteer opportunities). One of the primary roles we will be looking to fill is coach. Lesson plans will be included for each practice and the goal is to have two coaches per team so there is less pressure to be at every practice.

Additionally, we are looking for a volunteer to help organize and coach T-Ball this spring in order to offer T-Ball as part of our programming. If you are interested in this position or another role, please reach out to me by emailing recreation@springbankhill.org. Without volunteers, this program cannot be a reality, so please sign up.

I look forward to seeing you and your children out on the field this year!



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SBHCA Contest – Win One of Two \$100 Esso Gift Cards!



We are excited to announce a contest for SBHCA (Springbank Hill Community Association) members. You are eligible to win one of two \$100 Esso gift cards. Contest details are provided below.

Prize 1: Existing Members

If you have a valid SBHCA membership (current paid member) as of March 30, 2024, your name will be entered into a draw for a \$100 gift card. A draw will be made from all valid current members on March 31, 2024. The winner will be notified by the end of the day March 31.

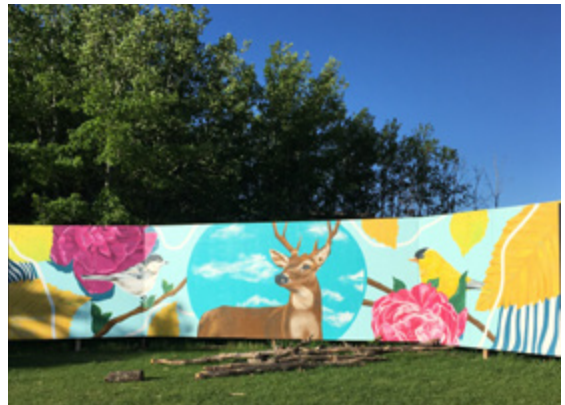
Prize 2: Referrals

If you are an existing SBHCA member, with a valid membership, you can refer community members who are not yet SBHCA members. Here are the steps:

1. Simply share the web page – springbankhill.org/ belong with neighbours and friends who live on Springbank Hill and encourage them to register as a new member. (Note: The new member must successfully register, including the payment of the membership fee, by Noon on March 30, 2024.)
2. Once you have shared this information with them send us an email at membership@springbankhill.org with the subject title: SBHCA member referral. In the body of the email please share the following information about the person you are referring: first, last name and address.

Upon the successful registration of the community member, you are referring to, and the receipt of your email (correctly identifying the name and address of the new member), your name will be entered to win the second \$100 gift card. The winner will be notified by the end of the day March 31.

We look forward to your participation in this contest! If you have any questions, please don't hesitate to contact us at membership@springbankhill.org.



Springbank Hill Community Park Amazing Art Mural

by Shelly Smith

As a resident of Springbank Hill, you have probably walked through the amazing natural pathway of our Springbank Hill Community Park, located across the street from Griffith Woods School. My husband and I walk through the park every morning, and without fail, we love seeing the beautiful art mural created by a very talented Calgary native, Michelle Hoogveld. The combination of vibrant, yet calming colours, along with wildlife, is an exceptional mix.

Michelle worked with the Springbank Hill Community Association in 2016 to complete the mural and the art installations on many of the metal waste bins (wrapped with a wildlife theme) in our community. Michelle is an internationally renowned artist who travels the world with her art. She has projects in the USA, Germany, and many other countries. You can also see Michelle's work in downtown Calgary and Montreal.

To further enjoy this area of the park, two new picnic tables have been installed, now making a total of four picnic tables in the vicinity of the mural. We encourage you to take your family and friends out to this area to enjoy a picnic and take in the beautiful scenery, including the mural created by Calgary's own Michelle Hoogveld. If you are so inclined, you can take a picture of your family/friends by the mural and share it with the Springbank Hill Community Association.



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.



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Springbank Hill Community Association

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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/>.



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VOLUNTEERS NEEDED!

WINTER SKATING EVENT!

The SBHCA is looking to host a skating event at the Montreux Skating Rink in 2024 but we need your help! In order to make this possible we are going to need a lead or a team of volunteers to help with the running and planning the event. If interested email info@springbankhill.org



POSSIBLE THEMES

DISCO!

- Disco ball!
- Neon clothes!
- Glowsticks!
- Classic disco music!

PYJAMAS!

- Skate in your pajamas!
- Christmas snack and hot chocolate!

CHRISTMAS!

- Santa for the kids!
- Hot chocolate and Christmas snacks!
- Christmas lights + tree!
- Iconic Christmas music!



VOLUNTEERING IS THE BEST WAY TO HELP OUT IN THE COMMUNITY!

Springbank Hill Community Association

Benefits of volunteering in the community

The action of you volunteering greatly contributes to the overall wellbeing of The Springbank Hill community for many reasons such as the ability to host fun events, the smooth sailing of living in the community, and even the mental health benefits that volunteers gain. First of all, the presence of volunteers is at the core center of our community's ability to host events. This is because these events are non profit but still require a staff to run them, meaning we need volunteers in order to enhance the social aspect of our community and make fun events possible. To follow up, volunteers benefit the community by creating a more functional community that has resources offered to its members such as the seniors or children's program which is made possible through the help of volunteers. Finally, research shows that there are also benefits toward your own personal health. It is scientifically proven that volunteering reduces levels of stress and rates of depression, particularly amongst elders. Becoming a volunteer makes you feel good about yourself since you are spending your valuable time collectively with others in order to work toward a larger goal and an improved future for the whole community.

Current volunteers postions availble

Membership commitee

Springbank Hill seniors and children's programs

Event volunteers (Ex. Winter skating event at Montreux rink, movie in the park events)

For more information and to apply as a volunteer today, email info@springbankhill.org

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| 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 |
| May | 23 | 20 | 27 | \$984,900 | \$1,050,000 |
| April | 23 | 24 | 14 | \$737,450 | \$755,000 |
| March | 23 | 24 | 18 | \$949,500 | \$971,500 |
| February | 23 | 11 | 9 | \$549,900 | \$535,000 |

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Get Ready to Spring Forward

DST kicks in on March 10 at 02:00 am! And yes, it's 'Daylight Saving Time' but we won't judge if you say 'savings' as it has become a popular variant in conversations. However, the perfectionists out there will likely remind you that the dictionary says the word saving is singular because it refers to saving time.



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* MLS data. Calendar 2023. Detached Homes in the Westside - the combined communities of West Springs, Aspen Woods, Springbank Hill, Discovery Ridge, Signal Hill, Christie Park, Strathcona, Coach Hill, Patterson & Cougar Ridge

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