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The Slopes Community Association	www.theslopes.ca
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News, Events, & More



Crime Statistics



Real Estate Statistics



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VICE PRESIDENT'S MESSAGE

Hello,

Fall has officially arrived in Springbank Hill, bringing with it a change in temperature and a changing landscape.

Community Garden

The Springbank Hill Community Garden members have harvested their produce and prepped their garden plots for winter. It is now time to think about what will be planted next spring!

SBHCA AGM

The fall season also brings the SBHCA Annual General Meeting. Meeting details are as follows:

Date: Wednesday, October 30, 2024

Time: 7:00 to 9:00 pm

Location: Summit Room – Rundle College (East Building)

Address: 17 Ave SW, Calgary

We welcome your participation in this important meeting, where we will share results of the past year, review our previous year's financials, along with the budget and planned projects for the next 12 months. Further information about the AGM can be found elsewhere in this newsletter.

In advance of the meeting, SBHCA members will be contacted with further information, including our audited financial statements. If you are currently not a SBHCA member and would like to become one and attend the AGM, please visit springbankhill.org or email membership@springbankhill.org.

Casino Night Volunteers Needed

You will also find an article in this newsletter about an upcoming AGLC Casino Night, which will raise funds for our capital programs. We are looking for volunteers for November 30 and December 1 shifts at the casino.

We encourage you to volunteer for this important fundraiser. It is a lot of fun, along with being a worthwhile cause.

A heartfelt thank you to Fiona Christiaansen, the past president of the SBHCA, who has managed our casino fundraisers for 12 years. Fiona, you are an inspiration!

Thankful For...

Thanksgiving is also celebrated on October 14. This is always a great time to reflect upon what we are grateful for. SBHCA is thankful for our volunteers, which range from board members to program and project volunteers, who give so many hours of their time to make our community a great place to live. We are also grateful for our residential members and business members, whose annual contributions go a long way in helping with events and general operating expenses, along with invaluable feedback.

With gratitude,

Shelly Smith

Vice 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. 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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Notice of Annual General Meeting



Date: Wednesday, October 30th, 2024
Time: 7:00 pm – 9:00 pm
Location: Summit Room – Rundle College (East Building)
Address: 7375 17th Ave SW, Calgary

We would like to invite you to the SBHCA 2024 Annual General Meeting. Your participation is greatly appreciated as we discuss the past year as well as future plans in our community.

As we require quorum for the meeting to take place, if you plan to attend please email and RSVP to secretary@springbankhill.org. You may still attend without an RSVP, it is helpful for the board however to ensure we will meet quorum for the meeting.

We do have some vacancies on the board – please get in touch if you would like to submit your name for a position. Re-election of the board will take place at the AGM as well.

If you have any questions, please email us at membership@springbankhill.org. We look forward to seeing you on October 30th.



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/>.

Stoney Trail: A Year Later

October marks a year of the west portion of Stoney Trail being open for drivers. The final stretch between 69 Street and Bow Trail is coming up to a year in operation as well. The ring road has created a quicker route for Springbank Hill residents to access many communities across the city. It's been a relief to many to be able to get to the northern part of the city without having to sit in traffic on Crowchild or Deerfoot. The shops and services at Taza are a few radio songs away, and the mountains are closer than ever. Having multiple exits onto the road nearby has been a boon for our community.



However, some issues do persist a year later. Back when the ring road was opened many residents noticed a large increase in traffic noise in the neighbourhood. Given that both our community and Discovery Ridge across Stoney Trail border the road, the hope was that the province would include some sort of noise reduction measure. A berm was created on the south side of Stoney Trail, but noise studies determined that no attenuation measures were needed on the Springbank Hill side. A year later, this feels like it is not the case.

For those living on the side of the neighbourhood closest to the highway, the noise has become a consistent part of home life. A quick walk through the fondly named "Rock Park" above Springbank Blvd, even on a Sunday morning, is marred by traffic noise from Stoney. New highways bring new changes to the neighbourhood and both light and noise pollution can be expected. That being said, after a year of waiting for traffic patterns to establish we are now able to petition the government to do another noise study. If they do find that the decibel levels are above acceptable, they are required to provide sound reduction measures. A berm on the north side isn't possible at this point, but other noise barriers could be looked at.

If this is a topic that concerns you, or if you would like to provide support to your neighbours, you could take a few minutes to write or email our government representatives requesting that a new sound study be done. Our community association has reached out to other affected communities to increase the chances of being heard and travelled to the legislature to speak on this matter.

If interested, you can contact our MLA, Mike Ellis at calgary.west@assembly.ab.ca.

You can also fill out the form at <https://www.alberta.ca/contact-a-cabinet-minister>. Select the Ministry of Transportation and Economic Corridors.

Mmm, Coffee!



October 1 signifies not only the start of a new month, but an occasion that has sparked events all around the world in celebration of one of our favourite hot (or cold depending on how you like it!) beverages. It is International Coffee Day! So, especially on this day, make sure to enjoy your coffee, however you take it!

UPCOMING EVENTS ON THE HILL

There are several events coming up in and around the neighbourhood that we wanted to let you know about. Check out the list below.

SBHCA Annual General Meeting

Date: Wednesday, October 30, 2024

Time: 7:00 to 9:00 pm

Location: Summit Room, Rundle College (East Building)

SBHCA Volunteer Casino

Dates: Saturday, November 30 and Sunday, December 1

Time: Various shifts from 11:00 am to 3:30 am each day

Location: Elbow River Casino – 218 18 Ave SE

Details: Please see volunteer announcement for more information



GAMES & PUZZLES

Guess the Colour!

1. This is the first primary colour a newborn can see.
2. Based on a worldwide study, this colour is the most popular favourite.
3. This colour and royalty have been linked since ancient times because of how expensive and exclusive the dye was.
4. This colour and red are thought to increase appetite.
5. The colour of night vision goggles.
6. Contrary to popular belief, this is the actual colour of the sun.



SCAN THE QR
CODE FOR THE
ANSWERS!

Scary, Spooky. Skeletons

Of the total body weight of an average human, about 14% is made up of bone mass. Typically, our bones reach their maximum mass between 25 and 30 years old. When we are born, we have around 270 bones, but as we grow into adulthood these fuse together, leaving us with about 206.



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SBHCA Casino Volunteer Opportunity

We are excited to announce that Springbank Hill Community Association has been awarded a Casino during Q4 2024. We are awarded a casino every 18 to 20 months and we have been drawn for November 30 and December 1. It will take place at Elbow River Casino, located at 218 18 Ave SE - across from Stampede Grounds. We love this casino as it is closer to home and they have really good food (which is included during your volunteer shift!)

This year we are focusing our fundraising for the Community Hub project at the rink in Montreux. We are looking forward to the addition of new features to this space that all community members can enjoy year-round.

Please consider joining us to volunteer - it is so much fun - you get to meet your neighbours, handle lots of money, and dine in the many restaurants for free at Elbow River Casino.

The shifts are as follows over two days – Saturday, November 30 and Sunday, December 1. Some positions are more mobile, and some are mostly seated – please email if you need more information on any of the positions. There is a brief on the job training when your shift begins, dress code is casual.

Saturday, November 30, 2024		
Day Shift: 11:00 am to 7:00 pm	Six Positions	General Manager, Banker, Cashier (two), Chip Runner (two)
Night Shift: 7:00 pm to 3:30 am	Six Positions	General Manager, Banker, Cashier (two), Chip Runner (two)
Count Room: 11:00 pm to 3:30 am	Eight Positions	Count Room Supervisor, Count Room Staff (seven)
Sunday, December 1, 2024		
Day Shift: 11:00 am to 7:00 pm	Six Positions	General Manager, Banker, Cashier (two), Chip Runner (two)

Sunday, December 1, 2024		
Night Shift: 7:00 pm to 3:30 am	Six Positions	General Manager, Banker, Cashier (two), Chip Runner (two)
Count Room: 11:00 pm to 3:30 am	Eight Positions	Count Room Supervisor, Count Room Staff (seven)

There is a signup genius on the SBHCA website where volunteers can sign up and choose their shifts, you can also find it here: <https://www.signupgenius.com/go/10C0C49ADA62AA6F4C16-51021372-springbank>. You can also email Fiona Christiaansen atfiona@fionac.com to reserve your spot or if you have any questions. There are many positions to fill, and this event generates between \$60,000 to \$70,000 for our community which is huge. Feel free to bring a friend or family member as well, volunteers do not have to live in Springbank Hill to help out. Hope to see you there!

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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/.



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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

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Garden Harvest Recipe

by Michelle Varem

This October we are very thankful for the wonderful gardening and farm stand programs we've been able to enjoy with our neighbours in Springbank Hill. Our Farm Stand program with Fresh Pal Farms was regularly attended and often sold out of produce as many community members chose to use their pre-order system. Our community garden has recently wrapped up its season as well, and many of the gardeners had great harvests from their boxes in the community park. Despite water restrictions making watering a bit more labor intensive, many Springbank Hill residents were able to grow wonderful gardens this year. I'd like to share an easy side dish recipe that we often make around this time of year to use up some of the zucchini and tomatoes that our family members often share with us from their gardens (I unfortunately do not have a green thumb – perhaps one day!).

Stewed Zucchini and Tomatoes

Ingredients:

- 2 zucchinis (or one larger one from the garden)
- 2 tomatoes
- 2 to 4 cloves of garlic (based on personal taste)
- 2 tbsp. olive oil
- Salt and pepper

Directions:

- Chop zucchini into rounds (or half rounds if it is larger), dice tomatoes, and mince or grate garlic.
- Drizzle olive oil in a pot on medium-low heat on the stove and add all vegetables. Season with salt and pepper to taste.
- Cover pot and stir every so often, ensuring that no vegetables are sticking to the bottom of the pot. Cook for 15 to 20 minutes or until zucchini is tender and tomatoes have achieved a stewed consistency.
- Remove pot from stove and place veggies into a serving dish. Serves 2 to 4 people as a side dish. Goes great with roast chicken, pork or sausage, or alongside other harvested vegetables.

Note: I usually make this with pre-minced garlic. You can very easily add other spices or herbs that you enjoy, and if you'd like a larger dish scale up the veggies and use more olive oil.

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