

AUGUST 2025

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THE OFFICIAL SBHCA COMMUNITY NEWSLETTER



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*Cover Photo by Michelle V.*

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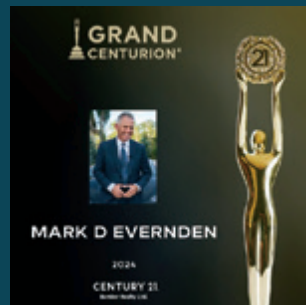
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Greetings!

We do hope that you and your family are enjoying the summer season. Now that kids are out of school it is a great time to plan visits to the Calgary Zoo, Heritage Park, Bragg Creek, Banff and Canmore, and many other excellent options that we enjoy as residents of Springbank Hill and Calgary! Or simply enjoy our community, with the many green spaces and wonderful pathways for walking and cycling.

Our board is busy during the summer preparing for our year-end which occurs on August 31, as well as starting work on our operating budget for the coming fiscal year. And we also have several scheduled events in our community that are organized by our board members. This includes the weekly farm stand, operating by FreshPal Farms, every Saturday from 4:00 to 6:00 pm in the Valleyview Church parking lot on 26 Avenue SW. Be sure to check it out! We have also arranged to have your children participate in the 'Park and Play/Stay and Play' event on August 11 to August 15, run by the City at the Battalion Park school field in the adjacent community of Signal Hill. Our vice president, Shelly Smith, is a certified yoga instructor, and she is offering a free six-week yoga program for our SBHCA members in September. If you wish to participate and are not yet a community association member, you can sign up on our website for only \$25. All the above-mentioned programs are outlined in more detail in this newsletter.

Finally, I would like to remind you to please consider completing our resident survey prior to the end of the month. We will appreciate hearing from you. Your feedback is invaluable in helping us understand the needs and preferences of our community and to help us plan for the future.

This survey is completely voluntary, and we assure you that all responses will remain anonymous. We will not use your personal information, and the cumulative results will be published this fall for everyone to see. More details are included in this newsletter.

Stay safe and healthy!

*Elio Cozzi*

President – Springbank Hill Community Association

## Neighbourhood Gardening Tip: How to Get Rid of Creeping Bellflower



Creeping bellflower (*Campanula rapunculoides*) might look pretty, but don't be fooled—this invasive species is aggressive and can quickly take over your garden, lawn, and even spread into neighbouring yards. Once established it has deep, tuberous roots that make it hard to remove, and it spreads by both root and seed.

Creeping bellflower is a perennial with heart-shaped leaves that grows to about a metre in height by summer and has purple/blue bell-shaped flowers. You may also know it by creeping campanula, garden bluebell, or another common name.

### Here's How to Tackle It

**Dig It Out (Carefully):** Use a trowel or garden fork to dig deep and remove as much of the root as possible. Even small root fragments can regrow, so persistence is key.

**Don't Compost It:** Bag up all removed plant parts and dispose of in your black bin. Do not put these into your compost as that will continue the spread.

**Cut Before It Flowers:** If you can't remove it right away, cut off the purple flowers before they go to seed. Each plant can produce thousands of seeds!

**Stay Persistent:** Check the same spots regularly. It might take a few seasons to fully get rid of it, but consistent effort pays off.

**Avoid Tilling:** Tilling can break the roots into pieces, helping it spread even faster across your yard.

**Pay Attention to Your Seed Mixes:** In the springtime when planting seeds, make sure that any wildflower mixes you have do not include *C. Rapunculoides* (regular *Campanula* species are okay though).

If you like the look of these flowers, please consider planting an alternative species that is not invasive, such as native bellflowers (e.g.: Carpathian Harebell), native and ornamental beardtongues (e.g.: Pink Chablis) or Blue Mirror Delphinium.

Let's work together to keep our gardens healthy and stop the spread of this invasive plant!



Photo Courtesy of Nathan L.

## 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.

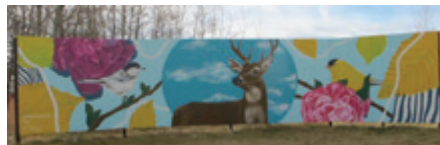
## Check out SBHCA's Partner & Sponsorship Program!



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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## 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/>.

## UPCOMING EVENTS ON THE HILL

There are several events coming up in and around our community that we'd like to share with you—check them out below! Hope to see you out there in our community!

### Farm Stand

Time period: Weekly through October (weather permitting)

Vendor: FreshPal Farms

Day/Time: Saturdays from 4:00 to 6:00 pm

Location: Valleyview Church parking lot – 7655 26 Ave SW

### Park n' Play/Stay n' Play – Signal Hill

Dates: August 11 to 15

Time: 10:00 am to 3:30 pm (P n' P), 10:00 am to 12:00 pm (S n' P)

Location: Battalion Park School field

More details and further locations for Park n' Play and Stay n' Play programs can be found on the City of Calgary website.

### Six-Week Yoga Program

Dates: Tuesdays, August 12 to September 16

Time: 7:00 to 8:00 am

Location: Strathcona Community Centre – 277 Strathcona Drive SW

This is a free yoga program for SBHCA and SCA members, see article in this newsletter for registration details.

## Final Month for Our Resident's Survey

We are excited to hear from residents of Springbank Hill. Your feedback is invaluable in helping us understand the needs and preferences of our community and to help us plan for the future. This survey is completely voluntary, and we assure you that all responses will remain anonymous. We will not use your personal information, and the cumulative results will be published this fall for everyone to see.

Thank you for taking the time to share your thoughts with us. Your participation will help us make Springbank Hill an even better place to live and belong.

Visit [springbankhill.org/resident-survey/](https://springbankhill.org/resident-survey/) or use the QR code to access the survey.



The survey ends August 31, 2025. Results will be shared at the SBHCA AGM in October of 2025 along with an article in this newsletter.

If you have any questions, please contact us at [membership@springbankhill.org](mailto:membership@springbankhill.org).



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# How to Choose the Right Wine to Enjoy in Summer

by Shelly Smith and Bill Lavergne

I had a chance to interview, Bill Lavergne (owner of BKL Wine Merchants) about how to choose the right wine to enjoy in the summer. Hope you learn as much as I did from my chat with Bill.

## What characteristics define a great summer wine?

A wine that has a light body, crisp acidity, low tannins (formed from grape skins, seeds, and stems) and is balanced (with no one characteristic of the wine standing out). Most people prefer their patio wines with pronounced fruity characteristics.

## Are there any emerging trends or underrated wines you think people should try this summer?

Definitely Lambrusco! These sparkling wines are from the Lambrusco wine region in the Emilia-Romagna region; northeast of Tuscany and it is also the name of the grape varietal. There are at least 21 known Lambrusco varieties, however Sorbara and Salamino are two of the most common. The wine is chillable (even the reds!), light in body and delicious. Most typically you will find red Lambrusco in stores, but they come in various shades of rosé as well.

## What regions produce the best summer-friendly wines?

Anywhere with a culture of sitting on a patio in beautiful weather tends to have good summer wines (e.g. the Mediterranean coastline). Some of the best values come from Northern Portugal and Spain.

## How does serving temperature affect the taste of summer wines?

A rule of thumb is 'the sweeter or more aromatic the wine the cooler you should serve it'. A lower temperature makes sugars less noticeable; but can also make tannins appear harsher and some aromas and flavours are muted. Some recommendations are:

- Sauvignon Blanc, Pinot Grigio, Gewurtztraminer, etc. (not oaked) – Serve cooler as they are much more aromatic. Serve directly from the fridge.
- Chardonnay (not oaked) – A more neutral grape. Remove from the fridge ten minutes before serving.
- Oaked wines or light-bodied reds have more tannins, so serve with a lighter chill.



## What is your stance on chilling red wines for warm-weather drinking?

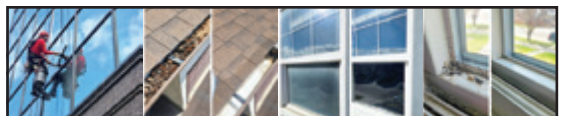
Bill highly recommends doing this. Place the bottle in the fridge for five to ten minutes before serving.

## If you could drink only one wine all summer, which would it be?

Paltrinieri 'Piria' Lambrusco Rosé. It is affordable, with gorgeous red fruit aromas and flavours along with a creamy texture and fine bubbles. You can pair it with almost anything or just enjoy on its own.

## What's one unique wine-related experience or memory that stands out to you?

Bill has had the opportunity to enjoy vertical tastings (series of vintages from a single wine) with two different well-known wines. One vertical consisted of over a dozen vintages, the other a half-dozen. Bill and others at the tastings agreed that the best vintages do not always correlate with the best tasting wine once aged. Good producers make great wines almost every year, and you may be surprised by the quality of the wine from less expensive vintages.



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# Springbank Hill Farm Stand 2025

We are pleased to announce that Springbank Hill is once again 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. Started May 24.
- 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](https://calgary.ca/localfood)

In partnership with:

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<b>Shirley's Greenhouse</b>	<b>Ruben's Veggies</b>	<b>FreshPal Farm</b>

### SCAN HERE TO VIEW ADDITIONAL SPRINGBANK HILL CONTENT

<b>News, Events, &amp; More</b> 	<b>Crime Statistics</b> 	<b>Real Estate Statistics</b> 
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# Six-Week Free Yoga Series for Springbank Hill and Strathcona/Aspen/Christie Park Members



Are you an early bird? Start your day with “Ignite” yoga—a one-hour dynamic practice promoting openings, strength, and balance—with a sense of playfulness. Some yoga experience is recommended.

This six-week class is open only to Strathcona/Christie/Aspen and Springbank Hill Community Association members in good standing. Your teacher will be Shelly Smith, who is a certified Iyengar Yoga teacher.

- Time: 7:00 to 8:00 am
- Date(s): Tuesdays starting August 12 through September 16
- Location: Strathcona Community Centre (277 Strathcona Dr SW).

If you are a SBHCA member please register on the SBHCA website through the login portal: [registrationsystem.strategicconsultinggroup.ca/springbankhill/login](http://registrationsystem.strategicconsultinggroup.ca/springbankhill/login).

SCA members can log in through their own website and log in portal as well. If you are not yet a SBHCA member you can join very easily on the SBHCA website—more information on that can be found in this newsletter.

You will be asked to sign a waiver when successfully registering for class. You will also be responsible for bringing your own yoga mat and props.

If you have any questions, please contact [yoga@springbankhill.org](mailto:yoga@springbankhill.org). We hope to see many community members join us!



## 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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# 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 [registrationsystem.strategicconsultinggroup.ca/springbankhill/login](http://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!
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The Barbershop (Denim & Smith Aspen)	Hair Industry	15% off retail with any service. \$5 off any service on first visit.
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**NEIGHBOURHOOD CONFLICT?** Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! [www.communitymediation.ca](http://www.communitymediation.ca), 403-269-2707.

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**JEFFREY ELECTRIC:** Friendly, professional electrical service for your next residential project, large or small. 10 years serving Calgary, City Qualified Trade, Master Electrician, licensed, insured. Very competitive rates for quality electrical work. Service panel upgrades from 60 amp to 200 amp. Car chargers, aluminum rewiring, custom kitchens and basements. Free estimates. [www.cejelectric.com](http://www.cejelectric.com) or call Clayton at 403-970-5441.

**KITCHEN CABINETS REFINISHED:** Hate the orange in your oak cabinets? Restore wood cabinets, water damage, get grime removed for approximately \$1495. Or change the look with a new colour spray finish for about \$3695. Environmentally friendly alternative to replacing or refacing. Call Doug at 'Not Just Paint' for a free estimate/consult. 403-671-0324.

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		Properties		Median Price	
		Listed	Sold	Listed	Sold
June	25	36	16	\$964,950	\$978,750
May	25	36	22	\$978,000	\$979,500
April	25	29	15	\$839,900	\$823,500
March	25	24	15	\$925,000	\$936,000
February	25	19	12	\$634,900	\$641,250
January	25	14	10	\$509,700	\$504,971
December	24	8	6	\$573,500	\$584,000
November	24	8	14	\$973,850	\$984,000
October	24	22	17	\$935,000	\$940,000
September	24	20	11	\$1,099,000	\$1,070,000
August	24	18	15	\$768,000	\$771,750
July	24	15	15	\$729,900	\$730,000

To view more detailed information that comprise the above  
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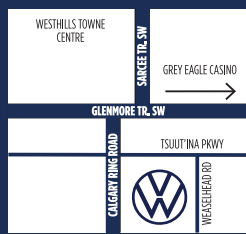


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# David.

## KNOWS THE WESTSIDE

# SOLD\*

\*David's Westside Listings SOLD This Year

## Why your neighbours choose David when it's time to sell their home

### 38% faster

When it's time to sell your home, David sells it **38% faster**. David's listings averaged **20 days on the market** vs the rest of the market at 32 days, over the past 5 years.\*\*

### 100%

Over the past 5 years, David's listings have sold at **100%** of list price on average, vs the rest of market at 99.4%.\*\*

### 489 sales

With **489 sales** dating back to 2012, David has established himself as the top producing Realtor here on the Westside.\*

**David's sales are fast approaching twice that of his closest competitor, over the past 10 years!\*\*\***

Detached homes – Listed & Sold – \*Calendar 2012 – 2024; \*\*Calendar 2020 – 2024; \*\*\*Calendar 2015 – 2024 – The combined Westside communities of: West Springs, Aspen Woods, Springbank Hill, Discovery Ridge, Signal Hill, Christie Park, Strathcona Park, Coach Hill, Patterson & Cougar Ridge.

Friend  
Neighbour  
Realtor®  
**David Pellettier**

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