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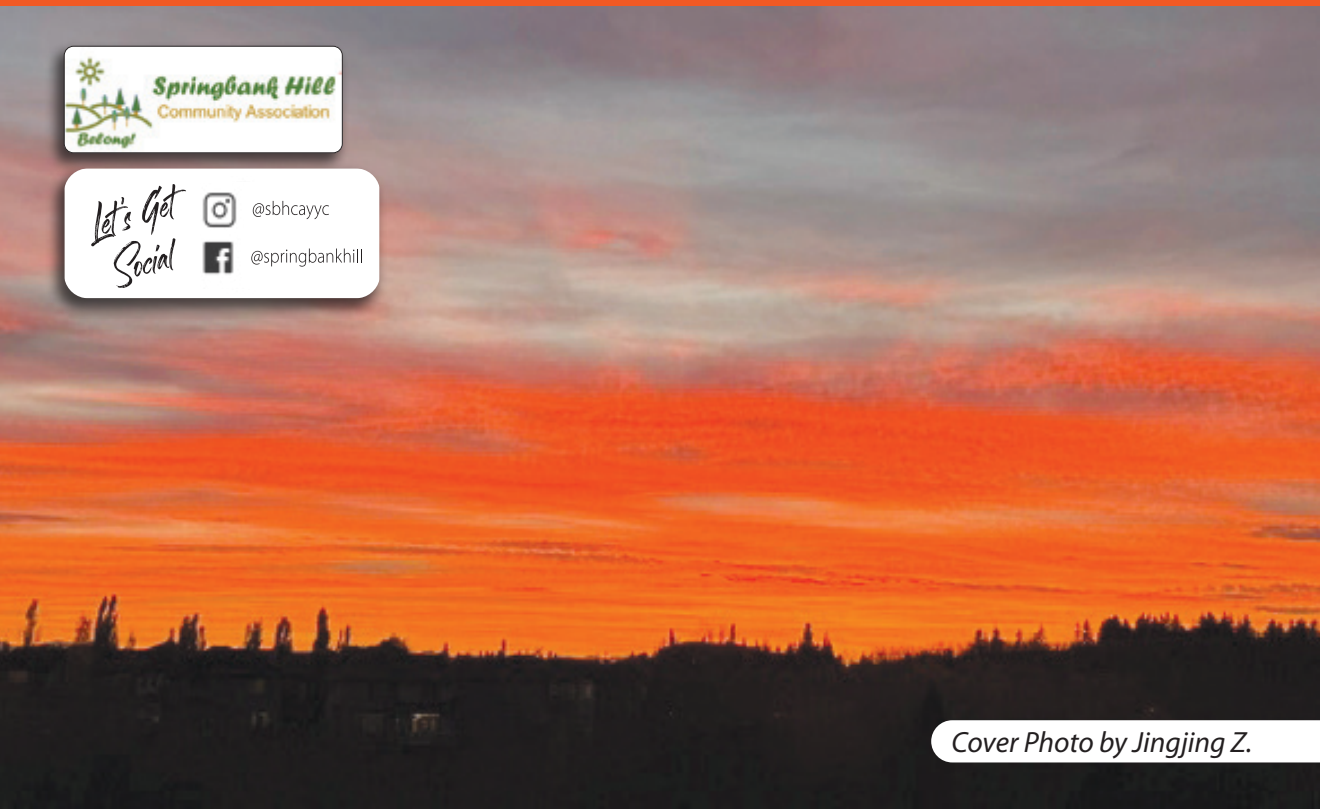

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		Properties		Median Price	
		Listed	Sold	Listed	Sold
October	26	33	18	$784,444	$776,000
September	26	38	15	$875,000	$849,300
August	26	29	17	$749,000	$740,000
July	26	33	19	$1,075,000	$1,200,000
June	26	35	19	$849,900	$835,000
May	26	35	19	$1,198,000	$1,229,630
April	26	24	19	$860,000	$846,900
March	26	39	20	$928,950	$900,000
February	26	21	17	$749,000	$732,500
January	26	20	4	$734,950	$732,450
December	25	3	6	$859,500	$838,000
November	25	8	21	$899,900	$875,000

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

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VOLUNTEERS		
Michelle Varem	Newsletter Editor	newsletter@springbankhill.org
Dave Walker	Springbank Hill Scout Troop #137	springbankhill137scouts@gmail.com
Andrew Unruh	Springbank Hill Rink Coordinator	info@springbankhill.org
Fiona Christiaansen	Casino Fundraiser Lead	
General Inquiries	info@springbankhill.org	
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PRESIDENT'S MESSAGE

Season's Greetings!

SBHCA AGM

Our SBHCA Annual General Meeting (AGM) was held on October 28, 2026. Thank you to everyone who attended. An update on the AGM will be provided in the January newsletter.

SBHCA Audited Financials

A sincere thank you to Ezenwa Echefu (SBCHA Treasurer) for leading the member audit for the past fiscal year. Along with Elio Cozzi, Fiona Christiaansen, and Rhonda Smith—who graciously volunteered their time to be the SBHCA Audit Committee. With their efforts we not only completed a robust financial audit, but we also saved $6,000.00 by not having to engage an FCC (Federation of Calgary Community) auditor to complete the full audit. Their collective actions have kept SBHCA from becoming insolvent.

SBHCA Casino Fundraiser

SBHCA was awarded an AGLC Casino fundraising spot on October 17 and 18 at Elbow River Casino. A huge thank you to Fiona Christiaansen who led the effort once again this year, and to all the volunteers who can out to help. See Fiona's article in this newsletter.

Are You the Next SBHCA Board Member?

We need to fill a number of Board positions:

- Director, Communications
- Director, Events
- Director, Fundraising
- Director, Programming

If you're interested in learning more about any of these positions, please contact me at president@springbankhill.org.

SBHCA Outdoor Rinks

Our two outdoor skating rinks will be up and running soon. Let's hope the weather cooperates this year for a great skating season! A big thank-you to Dan Hnatyshyn, Andrew Unruh, and the many volunteers who make our outdoor rinks a reality each year.

Wishing you and yours all the best for a joyful holiday season,

"We make a living by what we get, but we make a life by what we give." Winston Churchill

Shelly Smith

President, Springbank Hill Community Association



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2026 Casino Volunteers – Thank You!

by Fiona Christiaansen

A Heartfelt Thank You to All of Our Casino Volunteers!
I volunteered on the Friday night (October 16) at the Elbow River Casino and had a fantastic time with the other members on our shift. The Salt and Pepper Squid and Ginger Beef were definitely crowd favourites, and the casino deserves a special mention for keeping its volunteers so well fed!

On a more serious note, we could not make these casino fundraisers happen without you. We are fortunate to be awarded a casino approximately every 18 months, and the funds raised make an enormous difference to what we can accomplish within our community, including past projects such as the Griffith Woods School Playground, the Community Gardens and the Springbank Hill Community Park.

Filling all of the volunteer positions is always a challenge, and I often reach out to friends from outside Springbank Hill to help us cover the remaining shifts. When our next casino opportunity comes around in 2028, I hope even more of our community members will consider joining us. It really is a worthwhile and enjoyable way to give a little of your time while making a meaningful contribution to the community and getting to know your neighbours.

To everyone who volunteered this time around, thank you. Your time and support are very much appreciated.

The Springbank Hill Pumpkin Festival was Enjoyed by All!

by Shelly Smith

SBHCA hosted our Springbank Hill Pumpkin Festival, in partnership with Fiona Christiaansen and Slokker Homes, on October 24 in Springbank Hill Community Park. The weather was perfect. There were almost 100 children, dressed in some amazing costumes, with parents in tow! Children enjoyed face painting courtesy of Slokker Homes, a balloon artist, a free pumpkin to take home courtesy of Fiona Christiaansen Remax, and of course some Halloween treats.

A heartfelt thank you to Slokker Homes, Fiona Christiaansen Remax and Ward 6 for their generosity in funding this event. It would not have been possible without them.





Recycle More This Holiday Season

by City of Calgary Waste and Recycling Services



Due to new upgrades at our recycling facilities, you can now recycle even more holiday waste this year. As you clean up after holiday gatherings, remember to put these items in your blue cart:

- Paper and plastic gift wrap
- Foam packaging
- Flexible plastic bags, wrappers, and food pouches
- Cardboard and shipping boxes
- Food and body aerosols, like cooking oil spray, whipped cream cans and hairspray
- Metal food cans, glass jars, and plastic containers

Place all items empty, clean, and loose in your blue cart. Do not bag or bundle them.

Thank you for sorting right and helping keep more holiday waste out of the landfill!

Learn more at calgary.ca/holidaywaste.

Christmas Tree Composting

When the holidays are over, give your real Christmas tree a green goodbye by choosing one of the following options for composting.

Green Cart Pickup:

Remove all decorations (lights, tinsel, ornaments) and cut the tree into small pieces so it fits inside your green cart with the lid closed. Place any extra branches in a paper yard waste bag, rolled shut, and set it at least two feet away from your cart.

Drop-Off Site:

From December 26 to January 31, you can take your whole tree to a designated drop-off site. You can find the location closest to you at calgary.ca/christmastree. Please ensure all decorations have been removed and do not wrap or bag your tree when dropping off.



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!
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	
digitalbullet Design Studio	Web Design	
JK Landscaping	Landscaping	10% off your first monthly bill when you sign up for a full season. 10% off your monthly bill for each referral.
BKL Wine Merchants	Wine Store	10% off for registered SBHCA members.
BMD Landscapes Ltd.	Landscaping	
The Arborest Expert Tree Service Ltd.	Landscaping	
Illuminate Skin Therapies	Skin and Wellness	
Aspen Springs Pharmacy	Pharmacy	
Avenue Nail Lounge	Beauty and Skin	
Goatfell Pottery	Retail	Free delivery within Springbank Hill
Parable Counselling	Counselling	Free 15 minute consultation for individual and couples councelling services.
Susan Rust	Interior Designer	
Susan Rust	Real Estate	Real Estate
The Sweat Labs	Fitness	Free 15 minute Fitness and wellness consultation for SBHCA members.

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/.



SCAN HERE TO VIEW ADDITIONAL SPRINGBANK HILL CONTENT

News, Events, & More

Crime Statistics

Real Estate Statistics



Photo Courtesy of Andrei G.

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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Presence, Not Presents: What Does Christmas Really Mean?

by Rebecca Pink



There's a certain feeling that comes with Christmas. The lights begin to appear and twinkle, familiar traditions find their way back into our every day, and there's an excitement in the air that makes it feel like a little magic is just around the corner. As a mom, there is nothing quite like seeing the season through my daughters' eyes and finding so much joy in their anticipation, excitement, and creativity.

But I will admit, I'm sometimes a little slower to get there. I know, like so many of you out there, how much goes into creating that magic, and it can feel like a lot! The shopping, the planning, the decorating, the baking, and all the little things that somehow find their way onto the Christmas to-do list. We do all these things lovingly, but between the planning, shopping, wrapping, gatherings and countless little details, December can quickly become a season of doing rather than being.

In my work, I have the privilege of hearing people's stories and learning about the things that matter most to them. I often see how expectations, perfectionism, and anxiety can make it difficult for people to slow down and enjoy the moments that they're working so hard to create. Maybe this Christmas one question worth asking ourselves is this: what are we doing because we genuinely love it and actually want to do it, and what are we doing because we feel we should.

For some, Christmas also carries grief, loneliness, financial pressures, or complicated family relationships. Maybe we can give ourselves permission to simplify a little, say no when we need to, and let go of the pressure to make everything perfect, and maybe more importantly, offer ourselves the same kindness and understanding we so often extend to the people we love.

Perhaps the magic of Christmas isn't something we need to work so hard to create, but something we allow ourselves to experience when we slow down and become more present. Maybe the greatest gift we can give ourselves and one another is a little less pressure, a little more grace, and the time to simply enjoy being together.

Wishing you a peaceful and meaningful holiday season.

You're Invited!

Public Open House

Regarding the Land Use Redesignation of the property at 9 Elveden Dr. SW

Join the developer at the Open House to learn more about the proposed development and Land Use Redesignation Application.

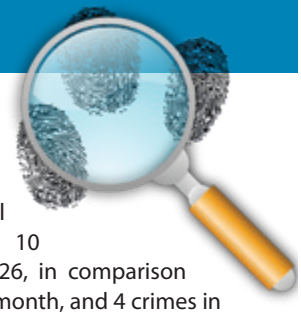
DATE
December 7, 2026

TIME
5:00pm - 7:30pm

LOCATION
Ambrose University
150 Ambrose Circle SW
Room A2131, 2nd Floor

PROJECT WEBSITE
9elveden.ca

CRIME STATISTICS



Springbank Hill Crime Activity was Up in September 2026

The Springbank Hill community experienced 10 crimes in September 2026, in comparison to 6 crimes the previous month, and 4 crimes in September one year ago.

Springbank Hill experiences an average of 6.8 crimes per month. On an annual basis, Springbank Hill experienced a total of 82 crimes as of September 2026, which is down 14% in comparison to 95 crimes as of September 2025.

To review the full Springbank Hill Crime report visit sbhl.mycalgary.com

How To Report Crime In Springbank Hill: Dial 911 for emergencies or crimes in progress. For non-emergencies dial (403) 266-1234. To report a crime anonymously, contact Crime Stoppers at 1-800-222-8477 (Talk, Type or Text), submit tips online at crimestoppers.ab.ca, or text tttTIPS to 274637.

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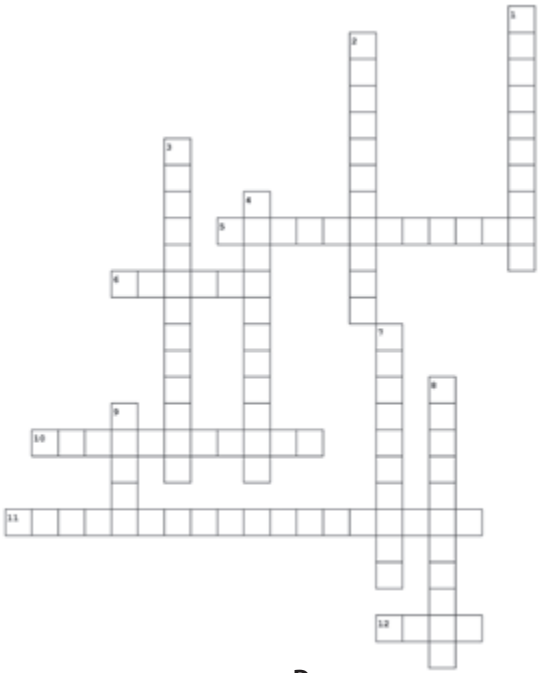
December Crossword



Across

5. Warm, delicious, and served with whipped cream or marshmallows. This tasty treat is perfect after a long day in the cold.
6. In Spain, it is customary to eat this many grapes at midnight on New Year's Eve.
10. Popular during the winter, this spiced dessert is decorated with royal icing.
11. Founded in 1925, this dance company has put on the *Christmas Spectacular,* since 1933.
12. "Last Christmas I gave you my heart" are the lyrics to a Christmastime favourite, sung by this pop duo.

Visit bit.ly/mycalgaryanswers or scan the QR code for the answers

Down

1. Six-sided and infinitely complex, these ice crystals are the result of freezing rain.
2. This 2019 film directed by Greta Gerwig was released December 25, and had a star studded cast, including Saoirse Ronan, Florence Pugh, Emma Watson, and Timothee Chalamet.
3. Unlike hockey players, these athletes use their blades to perform jumps, spins, and lifts.
4. On December 10, every year, these awards are given for outstanding achievements in physics, chemistry, physiology or medicine, literature, and peace.
7. Born December 16, 1775, this author is known for her six famous novels, including 1813s *Pride and Prejudice*.
8. Seen in your local grocery store during the holiday season, these bright red plants are indigenous to Mexico.
9. Made from carved blocks of compacted snow; these shelters rely on the insulating properties of snow to keep dwellers warm.

What's Behind Your Financial Decisions?

by Mark Letchumanan, CFA, CFP, ACC, CKA



I used to manage a financial literacy program that delivered workshops and coaching to more than 9,000 low-income households across British Columbia. Our participants included single parents, people in addiction recovery, and individuals experiencing homelessness. We taught practical skills: budgeting, saving, building credit, and basic investing. Participants were enthusiastic and motivated to make better financial decisions, but very few maintained lasting behavioural change.

Although disheartening for me, our results were unfortunately not unique. More than 200 studies confirm that financial education alone rarely changes long-term financial habits.

Now as a wealth advisor, I've seen that pattern continue even with educated, wealthy, and successful individuals—none of us are immune from making poor financial choices. Brilliance doesn't directly translate to a sound financial life.

Consider the multi-millionaire who still clips coupons, obsessively checks investment accounts, and panics during minor market downturns—despite having more wealth than they could ever spend. Or the entrepreneur who negotiates every contract detail to maximize profits yet buys luxury items they don't need or lets personal home renovations spiral out of control. Or the highly disciplined professional who continually rescues family members and adult children financially, even when it jeopardizes their own goals. In each of these cases, money doesn't act as a tool, it serves an emotional need.

In *It's Not About the Money*, author Brent Kessel argues that our financial behaviours are often driven by deeper emotional motives. He describes three financial personalities that illustrate this particularly well: the saver, the star, and the caretaker.

- **The Saver:** Disciplined on the surface but often operating out of a place of anxiety and fear of lack. Their internal script can sound like "something bad could happen and we'll lose everything," or "I just need a little bit more to feel safe." Their challenge isn't to practice responsibility and control, but to face the fear behind it.
- **The Star:** Longs to be seen, and therefore uses purchasing power to buy visibility, self-worth, and respect. Their inner dialogue may be, "if I look successful, people will value me," or "I need to project confidence before I can feel it." Their issue isn't the spending itself, but the need for approval that fuels it.
- **The Caretaker:** Generous, compassionate, and eager to help, yet their giving can cross healthy boundaries. They may be driven by a need to feel needed or beliefs like, "if I don't help, no one will," or "my worth comes from what I give."

Our relationship with money is as unique as we are. Different financial personalities often reveal our distinct wounds, fears, and beliefs running beneath the surface. True financial stability is rarely a matter of learning more financial rules, but about increasing self-awareness.

Before making your next financial decision, try journalling about your motivations first. Often, we make decisions so quickly, we don't have enough time to process the network of thoughts and feelings that went into them. Getting your thoughts down on paper first acts as a filter, helping you distinguish between facts and emotion. Similarly, talking to a trusted advisor, coach, counsellor, recovery group, or community can help us learn to recognize the thoughts and emotions driving our financial decisions before we act on them. That awareness creates an invaluable pause between impulse and action—giving us space to choose what aligns with our values rather than our fears. Lasting financial change doesn't come just from knowing more about money, but from knowing more about ourselves.



MLA Calgary-West
Mike Ellis
234 – 333 Aspen Glen Landing SW
Calgary, AB T3H 0N6
403.216.5439
calgary.west@assembly.ab.ca

Albertans have spoken, and their message is clear, Alberta's future is within a strong and united Canada. They want greater control over decisions affecting their communities and their future. Our government respects the democratic will of Albertans and will honour that decision while continuing to stand up for the interests of Albertans and ensure Alberta has a meaningful voice in Confederation.

We are delivering real results for Albertans by standing firm and defending our economic interests, from eliminating harmful federal energy policies to advancing the Pacific Link pipeline and attracting major new investments, we are creating opportunities for good-paying jobs, economic growth and a stronger future for Alberta families.

After years of federal policies that held Alberta back, there is growing recognition across the country that our energy, agriculture, and natural resources are essential to Canada's prosperity. Now is the time to come together and build on Alberta's momentum. Regardless of how Albertans voted, we share a common desire for a prosperous, free, and successful province.

During the fall session of the legislature, the Alberta government is introducing legislation that addresses affordability, health care, education, and the economy. Protecting Albertans and the province remains our priority, with measures to safeguard children, vulnerable Albertans, property owners, consumers, and natural resources.

The fall agenda delivers practical changes to help families keep more of their hard-earned money, strengthen accountability, and ensure Alberta remains the best place to live, work, and raise a family.

Please contact my office should you have constituency related concerns that you would like to bring to my attention.

May the spirit of Christmas fill your lives with love, hope, positivity, and joy! I wish you and your loved ones a very merry Christmas and a happy, healthy 2027!

Mike Ellis

MLA, Calgary-West

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The Nutcracker

In 1892 Tchaikovsky premiered his third ballet, "The Nutcracker" in Saint Petersburg, and while in recent times it is know globally and considered a Christmas tradition for many people, the ballet was not well-loved upon release. In fact, it did not gain popularity until closer to the 1950s when companies began performing it annually, marketing it as a Christmas feature.



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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.

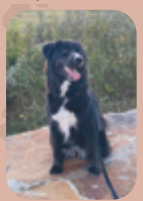
NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.



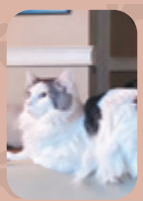
Cats, Canines, & Critters of Calgary


Jasmine, *Mount Pleasant*


Jasper, *Arbour Lake*

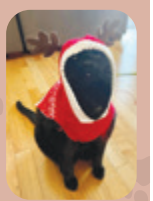

Jewels, *Walden*


Kevin, *Acadia*


Lilly, *Millrise*


Princess Molly, *Acadia*


Sintra, *Midnapore*


Taco, *Woodbine*

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