

the Silver Springs **SPIRIT**

FEBRUARY 2019

THE OFFICIAL VOICE OF THE SILVER SPRINGS COMMUNITY ASSOCIATION



 Facebook.com/SSCAlgary

 @SSCAlgary



Upcoming Events:

Feb 1st: Registration opens for Norwest Soccer (details inside)

Feb. 9 Scouts Bottle Drive: (Alt date Feb 23, 2019)

Silver Springs Preschool Registration OPEN (details inside)



Silver Springs Community Association



5720 Silver Ridge Dr. NW Calgary, Alberta, T3B 5E5

Phone: 403-288-2616 Fax: 403-247-0820

Email: administration@silverspringscommunity.ca

Website: www.silverspringscommunity.ca

Facebook.com/SSCACalgary @SSCACalgary

SSCA Vision: To maintain a beautiful and vibrant community by supporting the evolving needs of our residents through communication, leadership and engagement.

SSCA Mission Statement: To enhance quality of life by fostering community spirit, participation and engagement.

Article Submissions: Get Involved with Silver Springs today! The Silver Springs Spirit DEADLINE is the first Friday of every month. Space is limited.

Board of Directors

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Scouts	silverspringsscouts@gmail.com
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Community Association Office Staff: 403-288-2616

Accountant	Deb Hall
Administration	Corrie Mildenger
Manager, Building Operations	Rita McMillan
Program Coordinator	Sherry Gavlin

Office hours 9:00 a.m. to 4:00 p.m. Monday - Friday.
Closed statutory holidays.

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In Our Community

Facilities To Rent

Silver Springs Community Centre has a wide variety of rooms to rent. We are able to accommodate almost all your meeting and function needs, whether it is a wedding, party, family reunion, workshop, seminar or meeting. A/V equipment for rent for Sunset and Board Room. More information and photos on our website or call 403-288-2616 to see how we can accommodate you.

Community Website

I bet you didn't realize... You can read the latest newsletter, get all the information you need and even register for programs on our website at www.silverspringscommunity.ca.



DID YOU KNOW??

The croissant was invented in Austria.



Silver Springs Community Association

Membership Application

Please fill out this form and include payment by cheques, VISA or Mastercard and mail or drop off at the Silver Springs Community Centre, 5720 Silver Ridge Dr. NW, Calgary, AB T3B 5E5

Parents Names: _____ SURNAME _____ FIRST NAME(S) _____

Children's Names: _____

Mailing Address: _____

Postal Code: _____

Phone Number: _____

Email Address: _____

(Family \$25 / Senior \$10/household / Associate \$35)

Amount Paid: \$ _____

Cheque: Visa: Mastercard:

Credit Card #: _____ Exp: ____ / ____

You can also purchase your membership online at www.silverspringscommunity.ca

All memberships expire Aug. 31 of each year, regardless of when in the year you purchase them.

Councillor Report

Property Assessment

The Municipal Government Act requires that all residential property in Alberta be assessed every year reflecting the market value (the amount it likely would have sold for on the open market) as of July 1st of the previous year. Your current 2019 property assessment is based on the market value of your property on July 1, 2018 and improvements to its physical condition as of December 1, 2018. This property assessment provides the basis for your 2019 property tax bill mailed out in May once the provincial portion of the tax rate is announced in the Spring.

Customer Review Period

The Customer Review Period is your opportunity to review and ensure the accuracy of your Property Assessment, which is from January 3 - March 12, 2019. Assessment will only consider making changes to your assessment if an inquiry is received during the Customer Review Period. To review your property details and factors that were used to determine your assessment, go to Calgary.ca/assessment.

Managing your tax payments

The Tax Instalment Payment Plan (TIPP) allows you to pay your property tax on a monthly basis instead of one payment in June. Visit Calgary.ca/TIPP for more information.

If you are a residential property owner experiencing financial hardship, there are a number of programs offering assistance. Information on the Property Tax Assistance Program can be found at Calgary.ca/ptap

For information on seniors' programs, such as the Seniors Property Tax Deferral Program, contact the Government of Alberta at 310-0000.

Go paperless with eNotices. Sign up at Calgary.ca/assessment

Want to know where your property tax dollars go? Find out at Calgary.ca/taxbreakdown

Have any further questions, call 403-268-2888

Ward Sutherland, Councillor, Ward 1

Crowchild Hockey News

January has passed and with it one of the most exciting starts to Esso Minor Hockey Week. If you had the good fortune to visit some the rinks around the city you would have been delighted to see the passion that our teams exuded. It was thrilling to watch them showcase their talent on the ice, and a big Thank You to our coaches who share their love for the game with our kids.

The week was jam packed with excitement, as our teams battled their way to the championship games, and ultimately the Division banners. We will have a complete review in the March newsletter – but I can tell you it was electrifying.

February is one of those months that always seems to be over before it begins, so it stands to reason that before we know it our teams will be vying for the City Championships. It all starts February 25th. All the hard work the kids and coaches have put in during the season will be tested as they work their way through their divisions in search of the gold medals. If you have the chance, take advantage of these great hockey games. There is a link on our website for the complete schedule.

We will also be hosting our annual Georgie Bamber Tournament of Champions! It all kicks off on Thursday, Feb 21st. Our rinks will be swarming with Timbit hockey players. It is one of the most entertaining events ever. It runs from Thursday, Feb 21 to Sunday, Feb 24. Stop by and enjoy some Timbits hockey.

We hope you all enjoy a fun filled Family Day weekend. Please visit our website to see what is new:
www.northwestwarriors.com

The Northwest Warriors & Crowchild Hockey

St. Sylvester School

Bonjour from the staff and students of St. Sylvester School! February is shaping up to be a busy month as we are now half way through the school year and our students will be celebrating the 100th day of school!!

We'll be celebrating French culture week with Cabane a Sucre and with Quebec-based concert, Folklofolie. Exposing our students to songs, stories and performances outside of classroom settings is very important for the development of the students' language skills – as well as their appreciation for the culture itself.

Teacher's convention will run from February 14-15, followed by Family Day on February 18 so please take advantage of the extra long weekend to spend quality time with the family. St Sylvester... it's a great place to be!

Norwest Soccer 2019

Do you enjoy soccer?
Do you like community activities close to home?
Do you like having the opportunity to walk or bike to your activities?
Do you like the opportunity to play with friends and neighbours?

Volunteers needed! Norwest soccer is a volunteer run program requiring lots of volunteers: coaches, age group coordinators, equipment helpers, etc. Please choose to volunteer this season.

Norwest Soccer is a community soccer league for Silver Springs and Scenic Acres residents. We provide community soccer for ages 3yr – 18yrs.

Why choose community soccer for your family? Our games are played close to home on community fields which you can walk or bike to. You can be on teams with your friends and neighbours. Enjoy less travel and lower registration fees. And enjoy the lovely Spring weather!

NORWEST SOCCER 2019 SEASON- opens Feb 1st
www.norwestsoccer.org

AGE	YR OF BIRTH	PRACTICE DAY	Prices
U4	2015	M/W	\$75
U6	2014/2013	M/W	\$75
U8*	2012/2011	T/TH	\$75
U10B/G	2010/2009	Boys T/TH Girls M/W	\$105
U13B/G	2008/2007/2006	Boys T/TH Girls M/W	\$110
U14B/G	2005/2004	Boys T/TH Girls M/W	\$110
U16/18 (Mixed)	2003/2002/2001	T/TH	\$110

U8 teams will be split into teams based on gender. The hope is to have each group of children play within their own community. However, if there are not enough teams we may have to have SS and SA teams play each other. Player requests only from co-coaches and team managers.

Season runs: April 22 – June 20

Jelly Bean Dances Next dance: March 8

Mark your calendar with this season's Jellybean Dance dates: March 8, and June 7. Jellybean Dances are dances for grade 4, 5 and 6 students. Dances are chaperoned by teen volunteers who help with the set-up/ take down of the event and Parent volunteers. We offer a concession at the dances, everything is \$1.50. Dance tickets are available at the SSCA office two weeks before the dance date. Tickets are \$5 each.

West Valley Softball 2019

Registration is open for the upcoming 2019 season. West Valley is the designated softball program for children in your community wishing to play softball. West Valley offers a Learn To Play program for children born between 2014-2011 and a softball program for those born 2010-2000. The softball season runs late April to mid- July. For more information check out the West Valley website www.westvalleysoftball.com, email me at ssca2@shaw.ca or give me a call at 403-288-2616. West Valley happily accepts JumpStart and KidSport funding. Call for more information.

West Valley Softball 2019- Registration is open!
www.westvalleysoftball.com

Age	Birth yr	Game days	Price
U10	2010/2009	T/Th	\$275
U12	2008/2007	M/W	\$300
U14	2006/2005	T/Th	\$330
U16 - U19	2004/2003/2002/ 2001/2000	M/W	\$330
LTP Group 1	2014/2013	M/W	\$120
Group 2	2013/2012	T/Th	
Group3	2012/2011	M/W	

Babysitters Available

The following youths have successfully completed the Red Cross Babysitters course and are waiting for your phone calls. If your child has taken the course and would like their name added to the list, call the office.

- Luna: 16 yrs, 403-286-1118
- Claire: 15 yrs, 403-700-7205
- Abi: 16 yrs, 403-247-6227
- Mariyke: 16 yrs, 403-828-8278
- Olivia: 13 yrs, 403-455-5554
- Sarah: 15yrs, 403-247-3808
- Mikaela: 16yrs 403-401-8403, Babysitter/catsitter/dog walker
- Sophia: 13 1/2 yrs 403-481-1963 Babysitting & dogsitting
- Erica: 14 yrs 587-832-0623
- Leana Schulz: 13yrs 403-475-4869
- Hayley Huston: 15yrs 403-547-4171
- Echo Hutchins: 12yrs, 587 435-1393 has Red Cross
- Noah Wright: 403-284-0626, 12 Years Old, Babysitting. Babysitting course and CPR course
- Adanna Age 13 1/2 403-809-7632
- Jocelyn H. 14 years old 403-202-1951
- Jasmine: 13 yrs. 403-999-9811
- Asha: 12.5yrs. 403-731-5220



In Our Community

Adult Fitness Registration on-going

Mondays:

- **Cardio Pump:** 9:15 – 10:15 a.m. This class incorporates cardio drills with strength and core training for a total body workout. Instructor: Judi Weaver
- **Senior Yoga:** NEW INSTRUCTOR - NOTE NEW TIME 10:25 -11:25 a.m. Note this is a registered class. Classes will focus on gentle stretching, breathing exercises and meditation. It does not matter how flexible we are as long as we keep moving and do what we can. Next Session: Apr 1 – June 10 (9 weeks) \$72 No class Apr 22, May 20 Instructor: Alicia Backman-Beharry (Drop-ins welcome if space is available)

Tuesdays:

- **Active Older Adult:** 9:15 a.m. – 10:15 a.m. This class offers a variety of class formats. Usually choreography based for the cardio component. We then move on to weights and mat work. There might also be appropriate interval workouts. There will always be balance practice. Instructor: Judi Weaver
- **Qigong:** 11:30 a.m. – 12:30 p.m. Note this is a registered class. Drop ins welcome if minimum class registrations are reached. A simple, efficient and effective method for helping you experience optimal health, wellness and happiness. Helps you heal physical and emotional pain and enhances the quality of our life and the lives of others. Next Session: Apr 2 – June 11 (11 weeks) \$88 Instructor: Marcy Jespersen
- **Pickleball:** 1:00 p.m. – 3:00 p.m. \$5. Pickleball is a racquet sport that combines elements of badminton, tennis, and table tennis.

Wednesdays:

- **Bootcamp:** 9:15 a.m. – 10:15 a.m. Cardio, strength and core, usually working in timed segments or a circuit. Stability Ball class- this class is offered on the last Wednesday of the month. It has a strong core focus. Instructor: Judi Weaver
- **Fusion Fitness:** 10:30 a.m.– 11:30 a.m. Note this is a registered class. Get your mind/body in harmony in this class incorporating a selection of Yoga, Pilates and Fitness conditioning. This is a mat based class – please bring your own Yoga mat. Call to find out when the next class is beginning. Instructor: Judi Weaver Next Session: March 6 – April 17 (7 weeks) and May 1 – June 12 (7 weeks)
- **Zumba:** 1:00 p.m. – 2:00 p.m. Note this is a registered class. One hour of body-energizing, calorie-burning, heart-racing, muscle-pumping, awe-inspiring movements that will captivate you for life. Instructor: Ariana Rodriguez. Next Session: Apr 3 – June 12 (11 weeks) \$55

Thursdays:

- **Active Older Adult:** 9:15 – 10:15 a.m. This class offers a

variety of class formats. Usually choreography based for the cardio component. We then move on to weights and mat work. There might also be appropriate interval workouts. There will always be balance practice.

Instructor: Judi Weaver

- **Pickleball:** 6:30 – 8:30 p.m. \$5. Pickleball is a racquet sport that combines elements of badminton, tennis, and table tennis.

Fridays:

- **Barre Above:** 9:15 a.m.– 10:15 a.m. Note this is a registered class. Barre Above blends the latest exercise science with the principles of Barre exercises, delivering a fusion of ballet, pilates, yoga and strength training in each workout. Workouts are designed for a wide range of fitness levels, ages and bodies, complete with progressions so that those new to fitness will feel successful and seasoned Barre enthusiasts will always feel challenged. Participants are asked to bring a yoga mat. You may work in running shoes or bare foot. Instructor: Judi Weaver Next Session: March 8 – Apr 12 (6 weeks) and May 3 – June 17 (6 weeks)
- **Seniors Yoga:** 11:00 a.m. – noon. Note this is a registered class. Classes will focus on gentle stretching, breathing exercises and meditation. It does not matter how flexible we are as long as we keep moving and do what we can. Note this is a registered class. Instructor: Marcy Jespersen (Drop-ins welcome if space is available) SCENT FREE Next Session: Apr 5 – June 14 (11 weeks) \$88 No class Apr 19
- **Pickleball:** 1:00 p.m. – 3:00 p.m. \$5 Pickleball is a racquet sport that combines elements of badminton, tennis, and table tennis.

Word Puzzles

- | | | | | | |
|---------|---------------|------|----|-----------|------|
| 1. TEMP | ERA | TURE | 5. | COLLAR | |
| | | | | HOT | |
| 2. | PAR | | 6. | THE | SAND |
| | 2 | | | HEAD | |
| 3. | CHANCE | | 7. | DEAD BODY | |
| | | | | MY | |
| 4. | HEART | | 8. | Ci | ii |

1. Falling Temperature 2. Two under par 3. Fat Chance
4. Broken Heart 5. Hot under the collar 6. Head in the sand
7. Over my dead body 8. See eye to

Parent & Tot/Baby Rhyme Time!

Please join us at the
**Silver Springs Community Centre on the
FIRST & THIRD Wednesday of EACH MONTH
From 10:30 – 11:30 for a fun-filled hour of song, play
and social time.**

All families' welcome, recommended
ages from 0 – 4 years of age.

Upcoming dates: Feb 6 and 20, Mar 6 and 20, Apr 3
and 17, May 1 and 15, June 5 and 19

**\$2 cost for each family in attendance
Coffee & Tea will be provided!**



Silver Springs Preschool

Our registration for the 2019/2020 school year is now open!

We are currently accepting registration for our
• 3 year old AM (waitlist) • 3 year old PM
• 4 year old AM (waitlist) • 4 year old PM (waitlist)

Our 4 year old Full Day program is currently full but we taking a waitlist if you are interested.

We invite all parents to check out our website to learn more about our incredible preschool and see why families have been raving about us for almost 40 years! We are flexible with pick-up and drop-off times due to elementary school bell times. If that is a concern for you please let us know and we will make it work for your schedule.

We have a few spots available for the 3YR PM class (1:15pm - 3:15pm) for the 2018/2019 preschool year and are taking a waitlist for the 3YR AM & 4YR classes. If you are interested in one of these spots please contact us today!

The preschool is overseen by the Silver Springs Community Association (SSCA) and operates as a non-denominational and non-profit organization.

Contact us today! 403-288-2616
www.silverspringspreschool.com

Follow us on Facebook & Instagram
@silverspringspreschool

Silver Springs School News

We are thrilled to be working with our new Student Leadership Council that was elected by their peers in late December. These students will meet weekly with our administration team to talk about school issues and enhancements. They will also be running 6 assemblies between January and June, and will working closely with all classes to gather input on school happenings such as the Dance-a-thon, charities, and other special events. In addition, these students will work behind the scenes to photograph and share all the good work going on in classes.

All the students who put their names forward, and presented election speeches, represented themselves in a dignified and mature manner, it was a proud moment for the school to see these students take such a risk and perform so well. For some students, this adds to their leadership story and for others, it will be the first leadership opportunity. We are excited about this extension of the curriculum and the opportunity to work with our young leaders. It will be a pleasure to be working with the following team: Amanda, Elise, Erechka, Finn, Cole W, Emma, Zachary, Zephyr, Rylan, Heather, Hailey, Wynston, Nyasha.

Nancy Brown, Principal

55+ Winter Programming at SSCA

Call 403-288-2616

- **Fun & Games:** Mondays 1:30 to 3:30 p.m.
- **Senior's Yoga:** Mondays 10:25 a.m. – 11:25 a.m. Class registration required
- **Active Older Adult:** Tues/Thurs 9:15 – 10:15 a.m.
- **Qigong:** Tuesdays 11:30 – 12:30 p.m. Class registration required
- **Pickleball:** Tuesdays 1:30 to 3:30 p.m. Drop in fee \$5
- **Line Dancing:** Thursday 1:00 to 2:00 p.m. Intermediate level. Thursday 2:00 to 3:00 p.m. Beginner level. Class registration required for both.
- **Pickleball:** Thurs. 7:00 p.m. to 9p.m.
- **Seniors Yoga:** Fridays 11am – Noon. Class registration required

Location list with contact information:

Dalhousie Community Association (403-286-2555)
Edgemont Community Association (403-241-9493)
Montgomery Community Association (403-247-3116)
Scenic Acres Community Association (403-547-9589)
Varsity Community Association (403-288-9001)

Haley's Rink News

Over the Christmas season, outdoor enthusiasts of all ages flocked to Haley's and the complex of rinks on the east side of the Silver Springs Community Centre. Unlike the previous year, weather conditions for both ice making and skating were ideal! Temperatures hovered near 0C throughout the holidays allowing our morning and evening volunteer crews to clean and flood the rinks daily while sunshine and warm breezes treated skaters to the pleasure of long skates during the day. Skaters made full utilization of all the rinks with daily use frequently exceeding 60 skaters at peak times, and shinny games alone had often had over 15 players to a side. Adding to the festive mood this year, impromptu neighbourhood gatherings at the rinks such as the bonfire/potluck/skating party hosted by Dawn Jamison on Dec 29th drew out entire families for an evening skate and social. Family festivities on the 29th carried on well into the evening and were enjoyed by all!

We extend a special thanks Derwyn's legion of enthusiastic volunteers, who sacrificed time with their families and friends to maintain the rinks daily over the Christmas season! Seven crews consisting of Silver Springs residents of all ages care for the rinks on each day of the week from December to March. If interested in this community volunteering opportunity, please contact Derwyn Hughes at 403-286-1982.



Bowness High School News

Why You Should Come To Bowness

High school is the last opportunity to explore interests and possibilities for the future. Therefore, it's important to choose the right high school for you. Bowness is great environment to consider, as it offer so many diverse exploratory opportunities for learning.

Programs

High Performance Athletic Development Pathway (HPAD)

This program is for students who want to improve themselves as athletes. Students will have opportunities to participate in different sports in places such as the Olympic Oval, University of Calgary and Canada Olympic Park.

Pre-Engineering

The pre-engineering program at Bowness High School is unique in that the program is incorporated into the math and physics classes starting in grade 11. Grade 10 students will first take pre-engineering as a single period class. In grade 11 and 12, students are taught from an engineering perspective in their math and physics classes.

Advanced Placement (AP)

The AP program is for students who want to challenge themselves academically in their core classes as well as art. Students experience university level content while still in high school and have the opportunity to earn university credits in their chosen AP classes.

Why I Chose Bowness

"I chose to go to Bowness because of the pre-engineering program and the robotics club. Pre-engineering at Bowness is different than the program at my designated school because it takes up less of your period slots, which allows me to explore other options, such as dance. Upon coming into Bowness, I quickly discovered how helpful and supportive all my teachers were. They understood that sometimes life gets busy, and are willing to do something about it such as extending a deadline (up to a certain extent, of course). The older grades were also very happy to give advice or to help me out. Overall, this is a great school and I'm very happy to attend Bowness High School."

- Grade 10 student

Upcoming Events At Bowness High School

Please visit the Bowness High School website for more information. We hope to see you soon!

- Parent Education Evening (February 6, Wednesday) at 6:30pm-8:00pm
- Pink Shirt Day (February 28, Thursday)

Programs Offered at the Silver Springs Community Centre

The following are SSCA run programs from mid-September to mid-June:

Line Dancing: Thursday 1:00 p.m. and 2:00 p.m.

Adult Aerobics Classes: Mon. - Thurs. at 9:15 a.m.

Barre Fitness: Fridays 9:15 a.m.

Zumba: Wed. at 1:00 p.m.

Seniors Yoga: Mondays at 10:25 a.m. Fri. at 11:00 a.m.

Mah Jong: Thurs. 1:00 p.m. – 3:00 p.m. Call for more info.

Qigong: Tues. 11:30 a.m. – 12:30 p.m.

Dance Foundation: Mon./Wed./Fri. A variety of children's dance classes including: Ballet, Jazz and Musical Theatre.

+55 Seniors Club: Mon. afternoons

Drop-in Pickleball: Tues. 1:00 p.m. - 3:00 p.m.,
Thurs 6:30 - 8:30 p.m. and Fri. 1:00 p.m. - 3:00 p.m.

Other Programs Offered by outside groups:

- **Girl Guides:** Contact ajaenen@shaw.ca
- **159th Silver Springs Scouts:** (Beavers, Cubs and Scouts). Contact silverspringsscouts@gmail.com
- **Calgary Karate:** Call 403-338-0558 for more info.
- **Tai Chi:** Call 403-240-4566 for more info.
- **Praise Ablaze Church:** 2-4pm Every Sunday. Please contact Henry or Debbie @ 403-830-0702
- **YogArt:** yogartfun@gmail.com. Call 647-232-7309 or visit www.yogartfun.com
- **Seedlings Spanish Preschool:** contact Judith at 403-210-0604
- **Sportball:** Saturdays Ages 18 months - 5 years. Contact Sam at 403-975-2936 or www.sportball.ca/calgary

WO Mitchell School

¡Feliz año nuevo (Happy New Year) from W.O. Mitchell School!

We hope everyone had a restful holiday season and are settling into the new year comfortably. December was a flurry of activity in the school with Choir and hand bell performances, as well as the grade 1 & 2 holiday performance, both of which were amazing. We are so proud of our students! We were also busy collecting food for the food bank, items for the Mustard Seed and donations for our Christmas Hampers initiative to help support WOM families who may have needed a little help during the holiday season. Thank you to everyone in the community who supported us and joined us to celebrate the season of giving and friendship!

January saw not one, but TWO residencies come through the school. Our students had the opportunity to learn martial arts in Spanish at the beginning of the month and also develop their acting chops with Trickster Theatre at the end. We also held our annual Open House on January 10 with great success. Thank you to everyone who stopped by to say hello and show your interest in our wonderful school!

Looking forward to February, the grade 3-6 students will participate in a storytelling residency and we will be visited by a magician with an anti-bullying message on February 26.

You may have noticed the increased number of safety patrol zones around the school beginning in December. Given the increase in 'oldest students' at WOM, many more students are wishing to be Safety Patrollers. As a result, and in partnership with Calgary Police Services and Alberta Motor Association, the marked crosswalk on Silvergrove Drive at the end of the bus zone (and almost across from Silverstone Place) is now be a patrolled crosswalk. We thank all community members continuing to be mindful of the school zone and the patrollers as you are driving near the school.

Please note the following important dates for February:
Registration for the 2019-2020 school year ENDS - Feb. 12 @ 12:00 noon SHARP
Non-instructional day – February 1
Teachers Convention – NO SCHOOL – February 14-15
Family Day – NO SCHOOL – February 18
Parent-teacher conferences – February 28 – March 1.

¡Gracias y hasta el próximo mes! (Thank you, and until next month!)

In Our Community

Silver Springs Edible Garden Group

Gardening season is just around the corner and we at the Silver Springs Edible Garden Group are getting excited! February is not too early to start thinking about spring planting, especially if you have decided to start some plants from seed. Here are a few of our favourite companies for seed starting:

1. **'West Coast Seeds'** is one of our favourites; a 'feel good' company. It is a family owned and grown seed company out of Delta, B.C. that source the freshest and highest quality seeds for organic growing. They sell untreated, non-GMO, open-pollinated (which means you can collect the seeds for next year's planting) and certified organic seeds. Check out their 'How to Grow' section on their website: www.westcoastseeds.com

2. **'Heritage Harvest Seed'** is a seed company based in Manitoba. All their seed is open-pollinated, non-hybrid, non-GMO, untreated, natural seed. They also specialize in rare and endangered Heirloom/Heritage seeds: www.heritageharvestseed.com

3. **'Wildrose Heritage Seed Company'** is based in Lethbridge. They carry some 235 heirloom vegetable and herb seeds. Their seeds are all untreated, open-pollinated, GMO free, natural seeds grown in the Lethbridge area. You gotta love the fact that this company is right here in our province! www.wildroseheritageseed.com

4. **'OSC Seeds'** is wholly Canadian owned & operated. They sell high-quality seeds for the Canadian climate. You can order from their website or look for their retail displays of 'Aimers Organics' seeds: www.OSCseeds.com

5. **'High Mowing Organic Seeds'** is a family operated business out of Vermont. They carry over 600 heirloom, open-pollinated and hybrid varieties of vegetable, fruit, herb, and flower seed. You can find their retail displays in stores: www.highmowingseeds.com

Be sure to order your gardening catalogue today from each of the companies above or visit their websites for the online (paper-less) version!

As always, if you are interested in joining the Silver Springs Edible Garden Group, please email silverspringsgarden@gmail.com to be put on a waitlist for 2019.

In 2019, the Edible Garden Group will continue to partner with the Botanical Gardens of Silver Springs to offer the 'Growing Connection' Garden Speaker Series – a series of speaking events on various gardening topics, open to the public. We are seeking input for the 2019 series

and would love to hear from you! Please email us at silverspringsgarden@gmail.com with your ideas for topics and what you would most like to learn about.

Mark Your Calendar! Calgary Seedy Saturday

March 16, 2019 from 10:00 a.m. – 3:00 p.m.

Hillhurst Sunnyside Community Centre

"Calgary Seedy Saturday is part of the worldwide Seedy Saturday/Sunday events that celebrate open pollinated seeds." www.calgaryseedysaturday.ca

Silver Springs Bridge Practice Group

Players who have taken beginner level bridge classes and/or have some playing experience will be playing to practice basic and intermediate bridge skills. There will be time to discuss skills and conventions between hands. Join us for bridge on Wednesdays from 12 pm-3:30 pm. There is a \$2 drop-in fee with a community membership.

Classifieds

- **Permanent Hair Removal** by NEW YOU ELECTROLYSIS: Certified Electrologist in Silver Springs, Member of ESA FCEA with over 33 years experience. Free consultation & Flexible hours Call: (403) 286-2299
- **Craftsman with 40 years experience** living in Silver Springs available for your home repair needs including preparing your home for move out or move in. For more information or to book your free estimate please call Rudy @ 403-540-8571.
- **Butterfly Dayhome:** Experienced, quality love and care in Silver Springs. Age-related activities. Group piano lessons. Snacks and hot meals. 403 288-3390 butterflydayhome@hotmail.com
- **"Anna Liza's Dayhome"** is a fun, active, nurturing, loving and safe dayhome in Silver Springs. Lots of indoor and outdoor activities. Provides school drop off and pick up. For more information email me at mosang_18@yahoo.com or call/text me at 403-861-8727
- **Nick Reynolds Plumbing:** 'Your Community Plumber' Local plumber with 26 years experience available for all your plumbing needs. No job too big or small. And bathroom renos! Fully insured & very reasonable rates. 403-618-2707 or email nick.reynolds@shaw.ca
- **COMPLETE HOME RENOVATIONS - Desmarais Cabinets** provides kitchen cabinets, re-facing, entertainment/wall units/fireplace mantles/bathroom vanities/laundry/closets & storage organizers, etc. Check us at trustedproreview.com Desmarais Cabinets. Call Lou at 403-809-9849, free estimate/free drawings. www.desmaraiscabinets.ca / lou@calgarycabinets.net
- **Snow Removal, Electronics Repairs, Painting, Carpentry and Household Repairs.** Many satisfied, repeat customers for 4 years in Silver Springs. Fast and affordable, reliable, quality workmanship, friendly service. Please call Mehryar at 403-923-6441 or Loree at 403-286-6308.

Call 403-288-2616 or e-mail ssca@shaw.ca with your ad of 40 words or less. The cost is \$10 and you must be based in Silver Springs and have a current Silver Springs Community membership.

Free Tax Clinic for low income Families, Seniors and Individuals.

Silver Springs will be hosting free tax clinics for low income families, seniors and individuals. Returns are processed by Chartered Professional Accountants (CPA's) and CPA candidate volunteers organized through CPA Alberta.

Thursday, March 21/19 6:00 – 9: 00 p.m. and Tuesday, April 2/19 6:00 – 9:00 p.m. at the Silver Springs Community Ass'n. By appointment only.

Call for more information on who is eligible for the service or to book your time slot. 403-288-2616

Girl Guides

Girl Guides of Canada - Scenic Bow Valley District: Sparks, Brownies, Guides, Pathfinders, and Trex are looking forward to a busy, fun-filled winter of programs, activities, and sleepovers/camps! Registration is on-going at www.girlguides.ca. Got any suggestions for community service projects we can help with? Contact our District Commissioner at ajaenen@shaw.ca.

Botanical Gardens of Silver Springs

Did you know that we have a destination botanical gardens right here in Silver Springs? It is situated beside the Silver Springs Gate entrance and extends for about 2 kilometers from south of the ball diamond to the LDS church in Silver Springs.

Did you know that this Botanical garden has over 20 different and unique gardens distributed over this area? The gardens range from the oval garden featuring many perennials in the south of the garden to the only public crevice and alpine garden in Calgary (near the Crowchild Trail and Silver Springs Gate intersection) through a rose garden featuring over 100 types of roses to the colorful wall garden extending to the LDS church.,

Did you know that the garden is open year-round with no fees to view it? The garden is a totally volunteer run organization. Walking Tour brochures and donation boxes are conveniently located at both entrances to the gardens Did you know that the garden has different areas of interest in each season of the year? Make this the year you visit the tourist destination garden right here in your community. More information is available on the website where you can see the various gardens and how to get there. <https://www.bgss.ca/>

159 Silver Springs – Scenic Acres Scout Group

Upcoming Bottle Drive

Hello from the 159 Silver Springs – Scenic Acres Scout Group. We have scheduled a bottle drive for the Silver Springs Community on the following date:

Saturday February 9, 2019 (Alt date Feb 23, 2019)

The youth of the 159 Silver Springs – Scenic Acres Scout Group are keen to provide this recycling service to the people in the Silver Springs community. Our youth and their parent drivers will start coming around starting at 9:30am. If you prefer please leave your donations outside your front door for pick with “Scouts” identified on them. Also if you are heading out Saturday morning you can swing by the parking lot behind the automotive centre in the Silver Springs Plaza anytime between 9:30am and 2:00pm and drop off your collection of bottles and cans. We would be happy to take care of them.

Finally if you would to arrange a pick up at anytime please call Ross Laurie at 403-208-8778.

Recycling tip:

Snow and recyclables don't mix!

Calgary weather can bring lots of snow throughout the winter. Remember to clear the snow off your blue cart lid and keep the lid closed before putting your recycling out for pickup.

Why? When snow gets into your blue cart it melts and ruins the paper and other quality recyclables. Thanks for your help in recycling right Calgary!

