

the Silver Springs **SPRIT**

SEPTEMBER 2018

THE OFFICIAL VOICE OF THE SILVER SPRINGS COMMUNITY ASSOCIATION



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 @SSCACalgary

**COMMUNITY
CLEAN UP**

Upcoming Events (details inside):

**Program registration on-going for Dance Foundation,
Adult fitness classes and Crafter's Market**

September 8: Community Clean Up

September 15: Scouts Bottle Drive

September 29: Children's Used Toy and Clothing Sale

**Free Adult Fitness Classes
September 10 - 14**



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

Executive

President	Jeff Van Wyk
Vice President	Cydney Elofson
Treasurer	Scott Chomistek
Secretary	Jennifer Dotchin
Director, Safety and Transportation	Monique Tambay-Roest
Director, Botanical Gardens	Marilyn Turner
Director, Building/Facilities	Murray Scotton
Director, Crowchild Hockey and Outdoor Spaces	Darren Bourget
Director, Senior Housing	Karen Kirnbauer
Director, Seniors Programs and Edible Garden	Kay Wilford
Director, Social Media Relations	Stephanie Reid
Director, Volunteers & Socials	Trish Wiegele
Director-at-large	Jeremy Gukert

Standing Liaisons

Scenic Bow Valley Guides	sbvggmembership@gmail.com
Scouts	silverspringsscouts@gmail.com
Crowchild Twin Arena	Roy Moore / Jeff Van Wyk
Soccer	Dino Sorrentino
Softball	Chris Robertson
Seniors Card Group	Betty Neary
MLA	Michael Connolly
MP Calgary Rocky Ridge	Pat Kelly
Councillor	Ward Sutherland
Friends of the Gardens	Duncan Badger

Community Association Office Staff: 403-288-2616

Accountant	Deb Hall
Administration	Vacant
Building and Outdoor Facilities Coordinator	Rita McMillan
Program Coordinator	Sherry Gavlin

The office will be back to full days,
9:00 a.m. - 4:00 p.m. beginning September 4th.

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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.



Joke Corner



Q. Why did the music teacher need a ladder?

A. To reach the high notes

Q. How do you get straight A's?

A. By using a ruler



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.



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In Our Community

159 Scout Group

Upcoming Bottle Drives and Scout Popcorn Sales Campaign

Hello from the 159 Silver Springs – Scenic Acres Scout Group. We have scheduled bottle drives for the Silver Springs Community on the following dates:
Saturday September 15, 2018 (Alt date Sept 22, 2018)
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.

Upcoming Scout Popcorn Sales Campaign

This coming October 2018 our scouting youth will be canvassing the Silver Springs community looking to sell Scout Popcorn. Popcorn sales represent almost 50% of our operating budget which allows the Scout Group to rent facilities and provide the youth with exciting activities and adventures. Please consider buying Scout Popcorn when a Scouting youth comes to your door in October.

Community Clean-up Day

Save yourself a trip to the landfill!

Date: September 8, 2018

Time: 9:00 a.m-2:00 p.m

Location: Lower parking lot, 5720 Silver Ridge Dr. NW

Cost: Donations appreciated but not required

No commercial vehicles please

NOT ACCEPTING: Hazardous waste, chemicals, paint, tires

WILL ACCEPT: Organic/yard waste, household garbage

We will have recycling for: Electronics, metal and Gently Used Bikes.

VOLUNTEERS NEEDED! Register for a shift at:

<https://www.volunteersignup.org/APP7Q> or call the office at 403-288-2616.

Silver Springs Preschool

We are now taking a wait list for the 2018/2019 preschool year. We invite all parents to come and check out our incredible preschool and see why families have been raving about us for the past 35 years. We also understand that some elementary school bell times are very close to our pick-up and drop-off times, and if that is a concern for you; please know that we are willing to accommodate your schedule and allow you the flexibility to make it work. Please contact ssps@shaw.ca or 403-288-2616 for details! The 3-Year Old Program runs Tuesdays & Thursdays from 9:15am-11:15am (morning class) and 1:15pm-3:15pm (afternoon class).

For more information please visit our website at silverspringspreschool.com or email us at ssps@shaw.ca The preschool is overseen by the Silver Springs Community Association (SSCA) and operates as a non-denominational and non-profit organization.

**Still room in the 3YR afternoon class!
Call for details. 403-288-2616**

Silver Springs School News

Welcome back to another great year. We welcome to our new families and the Grade 5 students and their families from W.O. Mitchell who are joining us. With school starting we want to highlight some of the great ways you can get involved!

- We are always looking for volunteer readers Monday through Thursday morning if you have time. You can drop by the office and we can get you started for 1-2 hours a week. Volunteers are required to have a security check in place.
- If you are interested in joining our School Council please join us September 11, 2018 at 6:30 p.m. at the school. There is no commitment to come to every meeting but we would love to have you there. If you have any questions please email sssparentcouncil@gmail.com
- We hope you can join us for our Terry Fox Run will be Friday September 14, 2018 at 10:30 a.m.

Nancy Brown, Principal

Edible Garden Group

Check out the SSCA website for this month's Edible Garden news. www.silverspringscommunity.ca



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Councillor Report

The City of Calgary Recreation is happy to announce that a new skatepark was awarded to Bowness, and it will be located in Queen Elizabeth Park at 4324 77 St. N.W. The City would like to acknowledge the support from the Bowness Community Association, the Bowness Legion #238, the local branch of the Boys & Girls Club of Calgary and Councillor Ward Sutherland. Ward is pleased that he was able to help bring this much anticipated community amenity to the youth of Bowness.

Being sensitive to the location and its significance in the community, The City engaged the Local Legion #238 and received their endorsement of the skatepark. The design of the skatepark will complement the historic relevance of Queen Elizabeth Park and have design elements that honour our veterans. It will also incorporate what was heard during The City's 2014 and 2016 participatory design sessions.

Construction of the Bowness skate park will begin in late September or early October 2018. This park will take 12 weeks to construct and is anticipated to be complete and open to the public by January of 2019. Seasonal deficiency work, such as landscaping, will be completed at this site in the spring of 2019.

City liaisons will continue to work with the community stakeholder groups to support the development of the park, the public art program delivery, and are planning for grand opening ceremonies to be held in 2019. We want to thank the community volunteers and supporters for their time and effort to bring this project into the Bowness Community.

To view the concept drawings for the new skatepark, visit Councillor Ward Sutherland's website at www.Calgary.ca/ward1

Ward Sutherland, Councillor, Ward 1



Christmas Crafter's Market

Calling all Crafters! Silver Springs annual Christmas Crafter's Market is set for: Nov. 17, 2018 10am – 3 pm

Just a reminder that all items must be hand crafted. No food items please. Tables are \$40. The registration form is available on line at www.silverspringscommunity.ca Call office for details and availability.



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
- **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
- **Violin Teacher in Silver Springs.** Over 40 years in teaching Violin and over 40 years performing in the Calgary Philharmonic Orchestra. Contact Richard Van de Geer @ richardv@shaw.ca or 403-990-9294.
- **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](http://trustedproreview.com) Desmarais Cabinets. Call Lou at 403-809-9849, free estimate/free drawings www.desmaraiscabinets.ca / lou@calgarycabinets.net
- **Fall Clean-Up:** Rake leaves, prune bushes and trees, edge flower beds, mow and trim lawns, clean eavestroughs, move sidewalk blocks. Also experienced electronics repairs, carpentry and household repairs. Reasonable rates, dependable, quality workmanship, friendly service. Please call 403-923-6441 or 403-286-6308.
- Looking for a reliable housecleaner for every Friday morning. Home is in Silver Springs, close to the school and community centre. Please call or email for details. 403-862-4453. cmmerc@shaw.ca
- **Pet & Sitting Services:** House Sitting \$20, Cat/Dog Sitting \$20, Dog walking \$20, day care \$25, Boarding \$35 with home conditions. Certified pet first aid. Retired, reliable Call Elena 403-247-6205

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 have a current Silver Springs Community membership.

Crowchild Hockey News

We would like to welcome everyone back to the start of another great hockey season. We are incredibly excited about the season ahead for our Northwest Warriors program. Our volunteers have been working tirelessly to produce a top notch program for all levels.

The arenas are a buzz of activity with the kids sharing their adventures from the summer and their eagerness to see who is gearing up for the ice.

The evaluation dates for each age group are listed below but please confirm them with our website, as changes may occur. Age group coordinators will be emailing out information to registered players.

Timbit/Tyke: Players (Sept 9 – 16)

Novice: Players (Sept 4 – 18)

Atom: Goalies (Sept 3 - 4), Players (Sept 5 – 18)

Peewee: Goalies (Sept 3 & 4), Players (Sept 6 – 16)

Bantam: Body Checking Session (Sept 8), Goalies (Sept 5 & 15), Players (Sept 14 – Sept 24)

Midget: Body Checking Session (Sept 8), Goalies

(Sept 8 & 15), Players (Sept 17 – Sept 25)

Juniors: All (TBD)

Exhibition games will follow the evaluation session and will be included with the evaluations process. All teams will be confirmed prior to the second weekend in October. For complete details just visit our website at: www.nwwarriorshockey.com (Evaluations tab)

We are kicking off our season with our Annual Fall Freeze Tournaments. They will be running throughout the month of October. It's a great way to get the season rolling and there is nothing like a tournament to ignite the competitive engine. Please check out the schedules on our website and stop by to enjoy some engaging hockey! We are also trying something new with the Crowchild Challenge. It will now run from October 5-7 (the Thanksgiving Weekend).

Complete information and all detailed schedules can be found on our websites (www.nwwarriors.com). If you have any questions please contact us at, admin@crowchildhockey.org.

Crowchild Hockey & The Northwest Warriors

Used Clothing and Toy Sale

Start cleaning out those closets in preparation for September!

Where: Silver Springs Community Centre

When: Saturday, Sept. 29, 2018, 9am – 1pm

Tables rent for \$35 Call to book your table! 403-288-2616

THE SILVER SPRINGS SPIRIT

What Is A Community Association?

Your community association is a non-profit, volunteer organization that represents the interests and meets the needs of the residents within the community... *your* needs!

I DON'T USE THE PROGRAMS OR THE COMMUNITY CENTRE... WHY SHOULD I JOIN???

Your community association needs your support even if you don't make use of the programs offered because you benefit directly from the work your community association does:

- Your membership fee supports affordable, local programs that help keep your community healthy and attractive to old and new residents alike.
- Children learn social and leadership skills through community programs, which help them to become responsible, productive adults.
- Special needs groups receive important support through community associations.
- If your neighborhood is faced with a planning issue, from transportation to zoning, your community association can help protect the interests of the community.
- The cost of building and maintaining facilities is considerable. Your membership fees are an important part of your community association's fundraising effort.

At the Silver Springs Community Association we believe membership fees are a small price to pay for the many hours your community association volunteers contribute to make your neighborhood a better place to live.

Yeah, but... WHAT'S IN IT FOR ME?

You'll enjoy a healthier community through the efforts of a well-supported community association. As a member, you'll have a say your community association's priorities as we progress into the future.

Dance Foundation

Dance Foundation provides kids a fun and non-stressful atmosphere where they can learn to love dance. As a non-profit program run through the Silver Springs Community Association, we are able to keep our class sizes small and prices low. Throughout the year we will give the dancers the basics they need to know in order to continue dancing and performing in the future. We love to dance and hope you will too. Registration begins Aug. 1 online. See our website for class descriptions and to register.

Mondays, Wednesdays and Fridays:

SEPTEMBER 10 – APR 26

Fees and times available online.

Adult Fitness

TRY A CLASS FOR **FREE** SEPTEMBER 10 – 14

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:** 12:15 p.m. -1:15 p.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. Instructor: Marcy Jespersen (Drop-ins welcome if space is available) SCENT FREE CLASS. Session: Sept 17 – Dec 10 (10 weeks) \$80 (no classes Oct 1, 8, 29)

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. NEW TIME. Note this is a registered class. Drop ins welcome. 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. Instructor: Marcy Jespersen. Session: Sept 18 – Dec 11 (13 weeks) \$104
- **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
Session: Sept 19 – Oct 31 (7 weeks) \$56
Session: Nov 7 – Dec 12 (6 weeks) \$48
- **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.

Session: Sep 19 - Dec 12 (13weeks) \$65

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
- **Line Dancing:** Note these are registered classes. Drop ins welcome! Intermediate Class 1:00 p.m. – 2:00 p.m. Beginner class- 2:00 p.m. – 3:00 p.m. Instructor: Paula Callihoo
Session: Sep 20 – Dec 13 (13 weeks) \$104
- **Pickleball:** 6:30 – 8:30 p.m. 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
Session: Sep 21 – Oct 26 (6 weeks) \$48
Session: Nov 2 – Dec 14 (7 weeks) \$56
- **Seniors Yoga:** 11:00 a.m. – noon 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. Drop ins welcome. Instructor: Marcy Jespersen (Drop-ins welcome if space is available) SCENT FREE CLASS. Session: Sept 21 - Dec 14 (13 weeks) \$104
- **Pickleball:** 1:00 p.m. – 3:00 p.m. \$5 Pickleball is a racquet sport that combines elements of badminton, tennis, and table tennis.

**DON'T FORGET TO RENEW
YOUR SSCA COMMUNITY
MEMBERSHIP ONLINE TODAY!
All memberships expired August 31/18**

Bowmont Natural Environment Park 18th Annual Photo Contest

The Bowmont Natural Environment Park Committee is looking for your best shots taken in Bowmont Natural Environment Park. Photos will be judged by experienced photographers. Prizes will be awarded in the following categories:

- **Scenic Views:** Scenic landscape views of the park
- **Flora:** Trees, shrubs, grasses or flowers
- **Wildlife:** Animals in the Park (not including domestic animals)
- **Environmental Issues:** Damage within the park (excluding private property)
- **Park Users:** People enjoying the park (submit their permission using the consent form)
- **Best of Show:** Best photo in the show and Best photo in the show by a first time entrant

Contest Rules

1. Contest is open to all amateur photographers. All photos must be taken within Bowmont Natural Environment Park between January 1, 2018 and October 5, 2018.
2. Entry deadline is October 12, 2018.
3. Photos submitted MUST be accompanied by the contest Photo Release Waiver or will be disqualified.
4. Some restrictions regarding prizes may apply.
5. Only two entries per each category may be submitted.
6. Submissions must be good quality 4" x 6" prints (no slides) with entry form. Please do not write on the back of your photos.
7. Please email a digital version if available of photos (JPEG file) to ljknight1947@gmail.com prior to entry deadline.
8. Photos submitted will not be returned to the entrant. They will remain with the committee for reproduction and use as per the Photo Release Waiver form.

Entry forms and the contest Photo Release Waiver are available at the following Community Centre Offices: Bowness, Montgomery, Silver Springs and Varsity; or by e-mail request to ljknight1947@gmail.com and pdf format form and release waiver will be forwarded to your e-mail address. For more information, contact: Linda Knight at 403-288-5496 or ljknight1947@gmail.com

DID YOU KNOW??

The average classroom pencil can write approximately 45,000 words.



Triple A Fall Programming

Call 403-288-2616

- **Fun & Games:** Mondays 1:30 to 3:30 p.m.
- **Senior's Yoga:** Mondays 12:15 – 1:15 p.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
- **Mah Jong:** Thursdays 12:45 – 3:30 p.m.
- **Line Dancing:** Thursday 1:00 to 2:00 p.m. Intermediate level. Class registration required
Thursday 2:00 to 3:00 p.m. Beginner level. Class registration required
- **Pickleball:** Thurs. 7:00 p.m. to 9p.m. Begins in October
- **Seniors Yoga:** Fridays 11am – Noon. Class registration required

Edible Community Garden

“Knowledge is knowing a tomato is a fruit. Wisdom is not putting it in a fruit salad. Philosophy is wondering if that means ketchup is a smoothie.”

- Miles Kingston

At this time of year, our summer gardens are exploding with all kinds of fresh fruits and vegetables, and walking past the Silver Springs Edible Gardens will show you how true this is! Our gardeners have been hard at work for several months and are now reaping the rewards of their harvest.

The last Garden Speaker Series presentation took place on June 20th and the series is now complete for this year. The events proved to be very successful with interesting topics and good attendance. Planning for next year's garden talks will begin soon and we welcome your ideas and suggestions on garden topics that would be of interest to you. Email: silverspringsgarden@gmail.com. Look for the article on our website in early spring 2019.

Jelly Bean Dances

First Dance of the season:

October 12 6:30 p.m. – 9:00 p.m.

Mark your calendar with this season's Jellybean Dance dates: October 12, December 14, March 1, 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.