

the Silver Springs **SPIRIT**

OCTOBER 2018

THE OFFICIAL VOICE OF THE SILVER SPRINGS COMMUNITY ASSOCIATION



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**HAPPY
THANKSGIVING**

Upcoming Events (details inside):

Pumpkin Giveaway

Silver Spring Crafter's Market

Breakfast with Santa (tickets on sale Nov. 1)



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	Corrie Mildnerberger
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.



Spirit Delivery Volunteer Needed!

We are in need of a volunteer to deliver the community newsletter to Route 62 - 40 houses on 71st Ave and Silvergrove Way.



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.

Christmas Crafter's Market

Mark your calendars:
Silver Springs Christmas Crafter's Market
Nov. 17, 10:00 a.m.– 3:00 p.m.



Breakfast with Santa December 1, 2018

9:00 am seating at the Silver Springs Community Association



Join Santa for a breakfast of pancakes, eggs, bacon and fresh fruit. Crafts and pictures with Santa. Tickets are \$10 per person (children must be accompanied by an adult) and must be purchased in advance.

Tickets available at the Silver Springs office beginning November 1 or call 403-288-2616. Limited tickets available so get yours early!

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. See our website for class descriptions and to register.

Mondays, Wednesdays and Fridays:

SEPTEMBER 10 – APR 26

Fees and times available online.

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 trustedpro review Desmarais Cabinets. Call Lou at 403-809-9849, free estimate/free drawings www.desmaraiscabinets.ca / lou@calgarycabinets.net
- **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
- **Tutoring:** Experienced tutor for grades 1-12 Language Arts and ELA. Reading, writing, spelling, essay writing. ADD, LD, Gifted, Remedial. Please contact Pamela 403-288-5576 or email pamschroder@shaw.ca

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.

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! **Still room in the 3YR afternoon class! (1:15 p.m. - 3:15p.m.)** Call for details. 403-288-2616

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.

Councillor Report

Canada is legalizing cannabis by October 17, 2018.

I have received input from some constituents concerned with the location of potential cannabis shops in their community. Residents have expressed concerns about traffic, parking, and proximity to potential school sites, and child care centres.

Cannabis stores will be highly regulated and controlled by The City of Calgary. Please note that minors are not allowed in cannabis stores, even if accompanied by an adult.

Do I have authority over the location of a cannabis store?

If residents object to a proposed location of a cannabis store, an appeal against a potential affirmative decision on the Development Permit application may be made within 21 days after the Public Notice advertisement. The final approval decision of a location of a cannabis store is made by the Development Authority, not the Councillors. For questions concerning the appeal process, please contact the Subdivision and Development Appeal Board at 403-268-5312; or visit Info@calgarysdab.ca.

What is my position on Canada legalizing marijuana?

I understand how some residents are apprehensive toward something new and what was previously illegal. As a Councillor, I rely on expert evidence. There is no empirical data presented that clearly demonstrates increased crime, drug use, or corruption of youth in the proximity of cannabis stores.

I can appreciate that certain locations are more appropriate for cannabis stores than others. For example, if a store was approved near a possible school site, it would automatically be forced to relocate if a school was subsequently approved and built.

What next?

I will continue to support and work with concerned community residents and community association boards who think a cannabis shop location is inappropriate or unsuitable. My actions will be guided by the democratic process and the experts in law who have crafted the Bylaw guidelines that regulate and oversee cannabis store applications and approvals.

For future updates on cannabis, I encourage that you sign up for my interactive monthly newsletter at www.WardSutherland.com.

Ward Sutherland, Councillor, Ward 1

Edible Community Garden

“Laughter is brightest in the place where food is.”

– Irish Proverb

Fall is a beautiful time of year in Calgary! The Silver Springs Edible Garden Group gardeners are fully enjoying the fruits of their labour and the garden plots are being put to rest for winter. Although we have been able to instantly enjoy many of the items coming from our gardens over the summer, such as fresh tomatoes, peas, and beans, an important part of self-sufficient gardening also includes preserving the harvest for the winter months. Some great ways to stretch our gardens into winter include dehydrating, freezing, pickling, fermenting, as well as creating delicious jams and jellies. A quick Google search will show you how many different canning and preserving workshops are offered around Calgary!

Growing and preserving your own food is also an important part of leading a healthy and sustainable lifestyle. Growing your own food means you have more control over the environment in which your food comes from – a backyard garden does not need chemical fertilizers and pesticides. Tending to your own garden will show you how to eat in season when flavours and nutrients are at their best – not only do fresh picked fruits and vegetables taste better, they also have a higher nutritional value. Growing your own food also ensures that you have direct access to food that can be harvested, prepared, and fed to your family throughout the growing season – and beyond if you choose to preserve food for winter! If you are interested in learning more about gardening and getting your hands dirty, consider joining your local community garden. Please send an email to: silverspringsgarden@gmail.com to be put on a waitlist for 2019.

Next year the Edible Garden Group will continue to offer the ‘Growing Connection’ Garden Speaker Series – a collaboration with the Botanical Gardens of Silver Springs. In 2018, topics for the series included:

- Ready, Set, Grow! Beginner Gardening
- Gardening with Native Plants
- All About Roses
- Trees, Shrubs & Perennials

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. Thank you!

Adult Fitness

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.

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 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.

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 Jan. 1 and Oct. 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. For more information, contact: Linda Knight at 403-288-5496 or ljknight1947@gmail.com



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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
- **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

It's A Pumpkin Giveaway

Sponsored by Murray Scotton, Realtor

Saturday, October 20
10:00 a.m. – 12:00 p.m.
at the Silver Springs
Community Association
5720 Silver Ridge Drive NW

- Limited quantities
- 1 per family



Babysitters Available

The following youths have successfully completed the Red Cross Babysitters course and are waiting for your phone calls.

- Luna: 14 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: 14yrs 403-401-8403, Babysitter/catsitter
- 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

If your child has taken the course and would like their name added to the list, call the office.



Programs Offered at the Silver Springs Community Centre

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

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

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

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

Seniors Yoga: Mondays at 12:15 p.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.
- **IdealLab:** calgary@idealabkids.com. Call 403-618-2958 or visit their website at calgary.idealabkids.com
- **Praise Ablaze Church:** 2-4pm Every Sunday. Please contact Henry or Debbie @ 403-830-0702

Community Clean Up

It was a busy day with a line up from 8:30 – 1:45pm! Lots of garbage was collected and lots of items diverted from the landfill and found a home with our recycling partners. A special thank you to The City of Calgary, Technotrash, and Bowest Appliances for collecting our garbage and recycleables.

Thank you to all those who volunteered at the community clean up: Rita ,Dale, Sherry, Warren, Rhelda, Karen, Irene, Beth, Joyce and Murray! Volunteers are the strength of all our community events.

**Parent & Tot/Baby
Rhyme Time!**

Please join us at the
Silver Springs Community Center on the
FIRST & THIRD Wednesday of EACH MONTH
(commencing November 7th)
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.

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

W.O. Mitchell School News

Hola from W.O. Mitchell School! This year, we welcomed back over 470 students in both our regular and Spanish bilingual programs. Students and staff are settling into routine nicely and getting ready for the exciting year ahead.

The school community kicked off the school year with it's 4th Annual Welcome Back Fiesta, which is a great opportunity for the students, parents and staff to get to know each other a little better in a more informal setting.

Students, staff and some parents also participated in the Terry Rox Run in September and collected "Toonies for Terry" to raise money for cancer research. We are always proud of our students and their fundraising efforts to support initiatives outside of our school walls.

You will notice our safety patrollers at our crosswalk in the morning before school, at lunchtime and afterschool. We thank all community members for their continued cooperation observing the posted school zone speed limit and obeying the patrollers on Silvergrove Drive when they are on duty. (Gracias hasta el proximo mes! Thank you and until next month!)