

THE SILVER SPRINGS *SPIRIT*

SWIMMING
POOL NOW
OPEN!

AUGUST
2020



TIME TO RENEW YOUR
SSCA MEMBERSHIP

THE OFFICIAL VOICE OF THE SILVER
SPRINGS COMMUNITY ASSOCIATION



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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: <http://sscacalgary.weebly.com/>



[facebook.com/SSCACalgary](https://www.facebook.com/SSCACalgary)



[@SSCACalgary](https://twitter.com/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 Cydney Elofson
Vice President Jennifer Dotchin
Secretary Monique Tambay-Roest
Treasurer Scott Chomistek
Director, Community Safety Jeremie Bourqui
Director, Botanical Gardens June Bergman
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Director, Senior's Housing Karen Kirnbauer
Director, Senior's Engagement Kay Wilford
Director, Social Media Darcie Todd
Director, Outdoor Spaces Jeremy Gukert
Director, Membership Development Karen Bradshaw

Standing Liasons

Scenic Bow Valley Guides any-calgaryscenicbowvalley@girlguides.ca
Scouts k.canivet.usa@gmail.com
Crowchild Twin Arena Roy Moore / Jeremy Gukert
Soccer Dino Sorrentino
Seniors Card Group Betty Neary
MLA Jason Copping, Calgary.Varsity@assembly.ab.ca
MP Calgary Rocky Ridge Pat Kelly
Councillor Ward Sutherland
Friends of the Gardens Duncan Badger

Community Association Staff: 403-288-2616

Accountant Deb Hall
Administration Dawn Ellertson
Manager, Building Operations Rita McMillan
Program Coordinator Sherry Gavlin

Office hours 9:00 a.m. – 12:00 p.m.

Monday – Friday. Closed statutory holidays.

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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.

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.

It's Time to Renew Your Community Membership!

Community memberships are active from September 1st – August 31st of each year.

Log into the new system at:

<https://registrationsystem.strategicconsultinggroup.ca/silversprings/login>

Or complete the Membership Application form on page 1 of this Newsletter.





HELP PREVENT THE SPREAD
alberta.ca/covid19

MESSAGE FROM JASON COPPING

Alberta's Economic Recovery Plan –Build, Diversify, Create Jobs

At the start of this year, 2020 was poised to be a year of tremendous economic gains for our province. Government policies were working. Unfortunately, due to the COVID-19 pandemic and the collapse in oil price, Alberta faces a historic challenge not seen since the Great Depression.

In response, we have developed a plan based on the advice from the Recovery Council led by Dr. Jack Mintz. It focusses on building infrastructure, diversifying our economy and creating jobs.

The Economic Recovery Plan includes:

- \$10 billion in additional infrastructure spending, the largest in Alberta's history.
- Acceleration of the Job Creation Tax Cut making Alberta the most attractive environment for new business to invest in Canada.
- Launch the Innovation Employment Grant to support the technology and innovation sector.
- Invest an additional \$175 million into the Alberta Enterprise Corporation expanding access to venture capital.
- This is just the start, more is still to come.

Alberta's Recovery Plan builds on our strengths with timely, targeted investments and bold policy reforms. It aims to accelerate economic diversification while also supporting our energy industry.

Albertans response to the pandemic has shown us that we can overcome adversity. And together, we can also overcome this economic downturn.

I hope you all continue to enjoy your summer with family and friends while staying safe and healthy. As always, if you have any further questions, please feel free to reach out to my office at Calgary.Varsity@assembly.ab.ca.

Jason Copping

MLA, Calgary-Varsity

Calgary.Varsity@assembly.ab.ca

Unit 201, 1055 20th Avenue NW

403-216-5436

Facebook: facebook.com/jasoncoppingAB

Instagram: [Jason_CoppingAB](https://www.instagram.com/Jason_CoppingAB)

Twitter: [@JasonCoppingAB](https://twitter.com/JasonCoppingAB)

Litter Cleanup Kits

While out for your walk around Silver Springs why not pick up garbage along the way?

SSCA has 6 kits available for pick up to help with cleaning up our community. If you are interested please give the office a call, 403-288-2616, and we can arrange pick up. The kits contain garbage bags and disposable gloves. Thanks to the City of Calgary and their sponsors for dropping these off at our office.



WARD 1 REPORT FROM COUNCILLOR WARD SUTHERLAND

Face Coverings Bylaw

For the safety and protection of our community, the City of Calgary has passed a bylaw for the wearing of face coverings or masks in indoor public areas and public vehicles. The Face Coverings Bylaw will be active starting Aug 1, 2020. The bylaw mandates that face coverings be worn on public transit and public vehicles (for hire) and in all public indoor spaces, including City of Calgary buildings.

Under the bylaw business operators or owners are required to display signage in public entryways of the business or vehicle. The City of Calgary will make downloadable signage available to businesses and operators on [Calgary.ca/covid19](https://calgary.ca/covid19).

Businesses are not expected to deny services as not everyone is required to wear a face covering. Exceptions to the face coverings bylaw include:

- Children under 2 years of age
- People with underlying medical conditions or disabilities inhibiting their ability to wear a face covering
- People who are unable to place, use or remove a face covering safely without assistance
- People who are eating or drinking at a public premises that offers food or beverage services
- People engaging in an athletic or fitness activity
- People who are caregiving for or accompanying a person with a disability where wearing a face covering would hinder the accommodation of the person's disability

- People who have temporarily removed their face covering where doing so is necessary to provide or receive a service (for example, a visit to the dentist)

All levels of government continue to have a role in responding to the COVID-19 pandemic. Calgary City Council may pass bylaws for municipal purposes respecting the safety, health and welfare of people.

Ward Sutherland

Councillor, Ward 1

CITY OF CALGARY – WADING POOL AND SPRAY PARKS



Beat the heat and enjoy the summer weather in Calgary by visiting one of our many wading pools, spray parks and outdoor pools around the city. Spray parks, wading pools and outdoor pools are typically open from mid-June until fall (weather dependent).

The following spray parks / splash pads / wading pools will be open until the Fall:

- Bowness Park – 8900 48 Ave N.W.
- Prairie Winds Park – 223 Castleridge Blvd N.E
- Rotary park – 617 1 St. N.E.
- South Glenmore Park (Variety Park) – 90 Ave. & 24 St S.W.

The City of Calgary has been thoughtful and has taken a safety-first approach to both the closure and reopening of these amenities; now, with the accelerated provincial timelines, these public outdoor spaces will be opening to provide another fun, free activity in our city's parks this summer.

More information available at:

<https://www.calgary.ca/csps/parks/locations/wading-pools-spray-parks-and-outdoor-pools.html>

SILVER SPRINGS POOL 2020

PROGRAM INFO

To register for any of the programs below, go to:
<https://silverspringscommunity.ca/pool/>

Public Swim

Public Swim has changed this year due to Covid-19. We have reduced capacity to ensure physical distancing. In order to ensure as many people have access to Public Swim as possible even with reduced capacity, we are offering 4 Public Swim sessions per day as outlined in the schedule above. Each session will be 90 minutes in length and there will be a break between each for cleaning.

Public Swim Entry/Circulation information:
<https://silverspringscommunity.ca/wp-content/uploads/2020/07/public-swim-directional-maps.pdf>

Lane Swim

We will be offering lane swim this year in two 30-minute time slots Monday to Friday. During this time, we will have two double lanes to ensure socially distanced lane swim and 1 single lane that will be split for stationary deep-water aqua jogging and shallow water jogging (single lane design will be determined on a day to day basis).

*Swimmers are encouraged to bring their own equipment

Little Fishy Swim!

This year with the new COVID-19 restrictions, preschool swim lesson levels will not be offered in regular group settings. In its place we will be introducing Little Fishy Swim, scheduled from 10:30 a.m. – 11:30 a.m., Monday to Friday. In this allotted time, children 10 years and younger are invited to come with their parent/guardian to swim during a designated and supervised time. The goal of this is to provide the opportunity for young swimmers to work on skills that would typically be taught in group lessons. There will be tot docks placed in the shallow end and instructors will be roaming around on deck if you would like (socially distanced) assistance or if you have any questions. Lifejackets will be

available; however, we encourage you to bring your own. Please leave your big toys at home.

Red Cross Swim Lessons

Silver Springs Outdoor Pool is pleased to be offering the Red Cross Swim Lesson Program this summer! Due to COVID-19 public health regulations, things will look a little different than previous years. There will only be regular group lessons offered for Levels 6-8 and Levels 9-10, with a maximum of 7 swimmers. To accommodate younger swimmers, small cohort lessons will be available in place of the typical Levels 1-5. These are designed for families that are in the same cohort/social bubble, with a maximum 4 children. Please note that a parent/guardian (over 16 years of age) is required to be in the water with the swimmer for the duration of the lesson. This is required because instructors teach from the deck to maintain 2m of distance.

Lessons/Lane Swim/Little Fishy Entry and Circulation information:

<https://silverspringscommunity.ca/wp-content/uploads/2020/07/Lessons-Lanes-Rentals-directional-map.pdf>

SILVER SPRINGS POOL – DID YOU KNOW?

- Our pool holds 941,000 litres of water, that is the equivalent to flushing a toilet almost 63,000 times!
- Our filtration system uses 16,800 lbs of sand, enough to fill 112 children's sandboxes!
- The pool is heated with two boilers, which keep the pool at a nice 28 degrees 24/7
- We use a liquid chlorine automated system to control the chemical balance. Chlorine levels are kept at 3 PPM and the pH is 7.4
- The main pump circulates over 6.5 million litres of water a day! That is enough to fill an Olympic sized swimming pool almost 3 times!
- Due to the pandemic, we are only allowed to have 80 people per session. Our regular capacity is 272 people.

- Thinking of going for a dip after hours? Think again. Most nights hazardous chemicals are put in the pool that can cause serious irritation if they have not had enough time to dilute in the water. You will also be charged by police with trespassing, and if any damage has occurred, break and enter.
- Our 11:45-12:45 lane swim is for adults only, any kids interested in lap swim should talk to a lifeguard about possible options.
- We encourage patrons to bring their own small-medium sized toys to enjoy in our facility.
- Due to a drowning hazard, snorkels and inflatable water wings are not permitted. “Puddle Jumpers” lifejackets are an approved alternative for inflatable water wings.



Left to Right: Mikey, Nadia, Leigh, Alex, Abi, Morgan, Ethan

SILVER SPRINGS POOL SCHEDULE 2020		
	Mon / Tue / Wed / Thu / Fri	Sat / Sun
9:00am – 10:15am	Level 6/7/8 & Level 9/10	
9:00am – 9:30am	Private/Cohort (2 Groups)	
9:45am – 10:15am	Private/Cohort (2 Groups)	
10:30am – 11:30am	Little Fishy Swim	Private Pool Rental Available
11:45am – 12:15pm	Adult Lane Swim	Adult Lane Swim
12:15pm – 12:45pm	Adult Lane Swim	Adult Lane Swim
1:00pm – 2:30pm	Public Swim	Public Swim
2:45pm – 4:15pm	Public Swim	Public Swim
4:30pm – 6:00pm	Public Swim	Public Swim
6:15pm – 7:45pm	Public Swim	Public Swim
8:00pm – 9:00pm	Private Pool Rental Available	Private Pool Rental Available

CLASSIFIEDS

Nick Reynolds Plumbing: 'Your Community Plumber' Local plumber with 25+ 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 e-mail nick.reynolds@shaw.ca

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

Permanent Hair Removal by NEW YOU ELECTROLYSIS: Certified Electrologist in Silver Springs, Member of ESA FCEA with over 35 years experience. Free consultation & Flexible hours Call: (403) 286-2299

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 403-809-4977, free estimate/free drawings. www.desmaraiscabinets.ca / desmaral@shaw.ca

Joe's Handyman Service: Local Skilled Handyman offering Installation & Repair Services in Carpentry, Painting, Drywall, Plumbing, Electrical, Flooring, Tiling, etc. Before you part with your hard earned \$\$\$, contact Joe for a 2nd opinion/free consultation @ 403-650-4512, email: joe@joeshandyman-service.ca www.joeshandyman-service.ca

Looking to renovate your home? Callaway Contracting has over 40 years of construction experience helping clients with interior & exterior home renovations or upgrades. Located in the NW of Calgary – to book a consultation or learn more call (403)-662-2233.

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.

Roofing, Siding, Eavestrough specialist. I live in Silver Springs and can offer friendly service, competitive rates and quality craftsmanship for your exterior renovation. Call me for a free estimate. Gino, 587-432-8369, gino@mackenzieexteriors.com

Little Smarties Dayhome: Qualified elementary teacher providing caring and fun learning environment within a welcoming home setting. Age appropriate activities. Full/part time care for kids ages 1-6. Meals & snacks provided. Currently available for JK drop off/pick up at the Silver Springs Community Centre. For more details, contact 587-973-5792 or email littlemartiesare@gmail.com

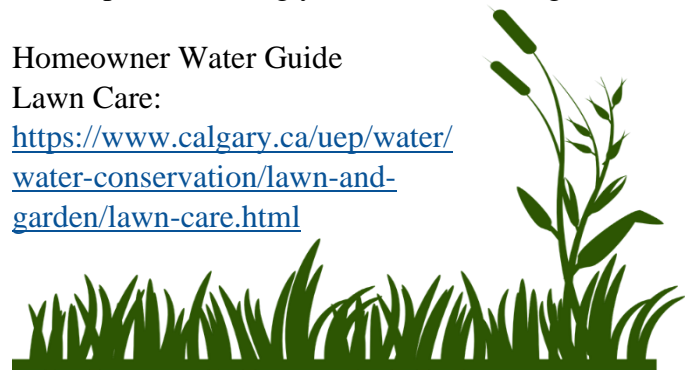
CITY OF CALGARY – HOW TO CARE FOR YOUR LAWN

During spring and summer, your water use can jump by 30 to 40 per cent because of outdoor watering activities. Save money on your water bill while still having a healthy lawn by following these lawn care tips. Be sure to check out our Watering 101 Guide for more tips on watering your new or existing lawn.

Homeowner Water Guide

Lawn Care:

<https://www.calgary.ca/uep/water/water-conservation/lawn-and-garden/lawn-care.html>



Christmas Crafter's Market

A decision will be made in early September on whether or not we can hold our annual Crafter's Market in November this year.

Please check for updates on the Silver Springs website.



Emergency
Medical
Services



Accidental Poisoning

Emergency Medical Services (EMS) would like to remind parents and caregivers of precautions to prevent accidental childhood poisonings around the home. Ingesting prescription or over-the-counter (OTC) medications is a significant cause of accidental childhood poisonings. Other causes of poisoning include ingesting or coming in contact with household items such as dishwasher tablets, mouthwash, or chemicals such as paints, solvents and cleaning products.

Medication storage

- Place all medications in locked containers and store in an area inaccessible to children;
- For easy identification, store all medications in their original packaging; do not mix multiple medications in a single bottle;
- Install child locks on all cabinets, or drawers where medications are stored.

Safety tips

- Child-resistant medication bottles are not child proof. They can still be opened by a child;
- Take extra precaution with medicines designed to appeal to children such as chewable vitamins or flavored cough and cold syrups;
- Promptly dispose of any medications or toxic household products no longer in use.

Prevention

- Store household products, cleaning supplies, and cosmetics in locked cabinets or drawers;
- Install child latches on cabinets children might also access by climbing on counters or chairs;
- Label all plants in and around your home and garden;
- Antifreeze, windshield washer fluid, and pesticides are extremely poisonous. Even small amounts of these can cause serious illness if ingested;
- Poisoning information can be obtained by calling the Poison and Drug Information Service (PADIS) at: 1-800-332-1414;
- **In case of a poisoning emergency, call 9-1-1;**
- Provide the name of the product ingested and, if it is safe to do so, a sample of the substance for EMS to inspect on their arrival.

THE A-B-C'S OF JOB SEARCH



With so much uncertainty in the workforce, it is important to keep moving forward during tough times. It would be great if things could change back as quickly as they changed a few months ago, however, this is not necessarily realistic.

Consider an A-B-C method to your job search.

A. A Job for Now

Are there opportunities in a field outside of your typical job that provides earning potential? This is a way to keep busy, stay motivated, make new contacts, learn new skills, and discover opportunities for advancement when things turn around. You might even find opportunities you were not even aware of.

B. A Better Job Soon

You can continue to job search while you are working and who knows, maybe that better opportunity is just around the corner. Be that employee who gets noticed for having a great attitude, showcase your skills, gain positive references and start building your professional network.

C. Career Job Down the Road

As things change and life starts slowly returning to normal, your career job is waiting for you. Keep connected to your professional network, stay current on industry news, practice your skills and learn new ones to increase your value for the future.

Calgary Career Hub is here with the right help to get the right job!

Calgary Career Hub is a government funded employment service. This means, professional job search is available to you at no-cost.

Since 2017, Calgary Career Hub has helped hundreds of job seekers find work.

Whatever the career situation, Calgary Career Hub customizes individualized plans for Calgary's job seekers. Our broad menu of services includes a Virtual Resource Room, resume support, interview preparation, labour market information, employer events, workshops, career consulting, job placement support and so much more! All our services are available in both English and French.

Keeping our community safe and healthy, all our services are available virtually!



The best part is our services are at no-cost to you!

403.201.4122

calgarycareerhub.com

The Province of Alberta is working in partnership with the Government of Canada to provide employment support programs and services.

SILVER SPRINGS PRESCHOOL REGISTRATION



Our registration for the 2020/2021 school year is ongoing! We are currently accepting registration for our:

- 3 year old AM – Space Available
- 3 year old PM – Space Available
- 4 year old AM – (wait list started)
- 4 year old PM – (wait list started)
- 4 year old All Day – (wait list started)

Did you know?

Children born in 2017 are eligible to attend Silver Springs Preschool in the Fall of 2020! Check out our website for more information:

www.silverspringspreschool.com

Some classes have filled but we are taking a wait list. 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.

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

Contact us today!

403-288-2616

www.silverspringspreschool.com

Follow us on Facebook & Instagram
@silverspringspreschool

SUMMER CAMPS CLOSE TO HOME

SSCA is excited to be hosting a variety of summer camps this summer!



Pedalheads - offering bike camps for kids 3yrs and older. Check out what they have to offer at www.pedalheads.com



Mad Science – Mad Science® Award-Winning Summer Camps have children engaged in scientific explorations that are so much fun they'll forget that they are learning! More information at: <https://calgary.madscience.org/>



Idea Lab - Forget boredom and your same old summer activities! IDEA Lab Kids STEAM [STEM + Arts] camps make summer a totally fun, memorable experience. More information at: <https://www.calgary.idealabkids.com/>

ADULT PROGRAMS FALL 2020



Cardio Pump, Active Older Adults, Yoga, Pickle Ball, Bootcamp, Fusion Fitness, Line Dance, Senior's Yoga, Barre Above

All our great classes will be back this Fall, but will look a little different. We are still working out details and will have more class information and registration information in the September issue of the Spirit.

OUTDOOR PICKLEBALL



Did you know the Silver Springs Tennis courts are marked for Pickle Ball?

Access to the nets is available to anyone with a Silver Springs community membership. Call the office for details, 403-288-2616

YOGA IN THE PARK

Unfortunately due to fallout from COVID-19, the YMCA is unable to offer Yoga in the Park this year. They are optimistic that this program will go ahead next year.

159 SCOUTS UPDATE



The 159 Silver Springs - Scenic Acres Scout Group is excited to resume activities in the fall. Throughout the pandemic our sections adapted quickly by introducing online meetings, providing a sense of community for youth when it was needed most.



As fall approaches, Scouts is monitoring the health situation on a national and local level and will adjust

accordingly through a combination of online, outdoor and indoor activities.

If you would like your youth ages 5-18+ to be part of a global and local community, developing an appreciation of the outdoors and youth leadership, come join us for adventures!

If you haven't tried Scouting before, it will be possible to join and give it a try for FREE from September to December 2020. Go to [MyScouts.ca](https://www.myscouts.ca) for more information. All existing members will have their current registrations extended to the end of the calendar year.

Questions: Send an email to 159Scoutpopcorn@gmail.com

NORTHWEST WARRIORS HOCKEY



We hope everyone is enjoying their summer break. It is hard to believe that July is already behind us and August is coming fast.

We would like to remind everyone that hockey registration for the 2020-2021 season closes on August 15, so don't miss out! Just visit our website (www.nwwarriorshockey.com) and click on the registration menu. You will find the link to our online registration, as well as answers to a great deal of questions.

Evaluation schedules can also be found under the Evaluation tab on the Home Page, and they will also be sent out to everyone. If you have any questions please don't hesitate to contact us at admin@nwwarriorshockey.com

COVID Updates – Can be found on our website home page.

Get out and soak up the sun!

The Northwest Warriors



Your Story Matters

StoryShare is a friendly outreach program for Calgary and area seniors. To request or gift a StoryShare:

- Visit: <https://storytellingalberta.com/storyshare-by-phone-request-form>
- Or call: 587-5 STORY 0 (587-578-6790)

"My best day during this whole pandemic was the day I got that story."

"When I got off the phone it felt like I'd been to a tea party. Absolutely marvelous and uplifting."

How StoryShare Works

1. A storyteller and a volunteer contact the senior via conference call or video platform e.g. Zoom, Skype, Duo, etc.
2. The storyteller tells a story and the senior, if they wish, shares an anecdote from their lived history.
3. The volunteer connects the senior to helpful resources in the community.
4. If they wish, the senior can have their anecdote recorded as part of our Legacy Project.

Note: All personal information is held in the strictest confidence, and all our tellers and volunteers are required to obtain a Vulnerable Sector Police Information Check.

***A Calgary community initiative in collaboration with Calgary Seniors
Resource Society and funded by the Federal Government***

GIRL GUIDES



WANTED: Women mentors for our girls

We are in need women like you, women who have an interest or passion in supporting and guiding girls on their journey down the path of self-discovery. As a Mentor, you can bring your life experiences and personal insight to a group of girls as a way to help our girls become stronger and more resilient. Girl Guides of Canada is an organization that focuses on arming girls, ALL GIRLS, with the tools they need to face the challenges inherent to being a woman in this day and age.

This is an organization that provides a safe and inclusive space for girls to explore their passions, discover their uniqueness and develop their self-esteem through girl-based programming and skill-based camps. You can help them understand the power of their voice as a tool to stand their ground, challenge the world around them and to illicit change. Your time and effort will help ensure they learn to accept that they are loved and valued for who they are right now, just as they are in this moment.

I became a Guider when my daughter joined Brownies, and I have never been involved in anything so rewarding. I saw this beautiful sunflower boldly standing alone amongst these others and it reminded me of how I have watched one girl after another grow to stand taller, speak louder

and find the confidence to be bolder. I love to see their eyes fill with pride when they master a challenge that they didn't think they could do. I love to show them how strong and powerful they are and that they can do anything they set their mind to. When a girl believes in herself, she is unstoppable and it is truly an incredible sight to behold.

Consider volunteering this year as a Guider in one of our units. We work with girls of all ages and every single one of them would benefit from what you have to offer. Girls need women outside of their family who see them, hear them, believe in them and accept them. Not sure what you can commit to? There are so many ways you can be a part of this, you can lead a group, you can act as an assistant to a unit, you can be available as an extra set of hands, maybe you have ideas to share or you simply love to camp and want to share your knowledge and skills. Let us help you find a way to volunteer in a capacity that works for you...the more women we have mentoring our girls, the more girls we will impact.



Everything she wants to be.

DANCE FOUNDATION 2020/2021

Because Dance should be Fun!!!

Dance Foundation provides kids a fun and non-stressful atmosphere where they can learn to love dance. We encourage students to grow as dancers while meeting new friends, gaining coordination and learning self-discipline. Dancers will learn to express themselves creatively and gain better coordination. 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 will open in early September! Class descriptions at:

<https://silverspringscommunity.ca/programs/>

Dance Foundation 2020/2021 Schedule

		Sunset Room	Board Room	Common Room
Mon	4:00-4:30pm 4:30-5:00pm 5:00-5:45pm	Pre Dance Pre HipHop Beginner Ballet	Junior Ballet	
Wed	4:45-5:15pm 5:15-6:00pm	PreDance Beginner HipHop	Beginner Jazz	
Fri	5:45-6:45pm 6:45-8:15pm			Beg/Jr Musical Theatre Teen Musical Theatre

Mondays: (24 weeks) Sep 21 – Apr 19 (No class: October 12, Feb 15, Apr 5) 30 min-\$225 members/ \$240 nonmembers 45 min-\$250 members/ \$265 nonmembers	Wednesdays: (26 weeks) Sep 23 – Apr 21 (No class November 11) 30 min-\$240 members/ \$255 nonmembers 45 min- \$270members/ \$285 nonmembers	Fridays: (26 weeks) Sep 25 – Apr 23 (No class Apr 2) 60 min-\$290 members/\$305 nonmembers 90 min-\$320 members/ \$335 nonmembers
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Meet the Teachers!



Miss Rebecca

Miss Rebecca has been apart of Dance Foundations since she was four years old. She has worked her way up from a dancer to now being the director of Dance Foundations. She was a competitive dancer for 5 years and is very passionate about dancing and teaching. Miss Rebecca believes the best part of Dance Foundations is the dancers and the connections that are made throughout the year. She has always said the biggest reward from teaching is ‘watching the kids grow and gain confidence in themselves and their dancing’. Miss Rebecca’s feels honored to have to opportunity to work at Dance Foundations and share her love for dance with all of the beautiful dancers.



Miss Allegra

Miss Allegra has been dancing for eight years and has danced competitively for five years. She has been teaching since she was 15 years old and is very excited to come back for her 7th year of teaching. Her favorite style is contemporary. Miss Allegra is very excited to come back to see all her amazing students and meet those joining the Dance Foundations family. Miss Allegra says it has always been the students ‘who make her love teaching’. She loves being around the kids and watching them progress throughout the year. Miss Allegra is looking forward to getting back to sharing her love of dance.



Miss Hayley

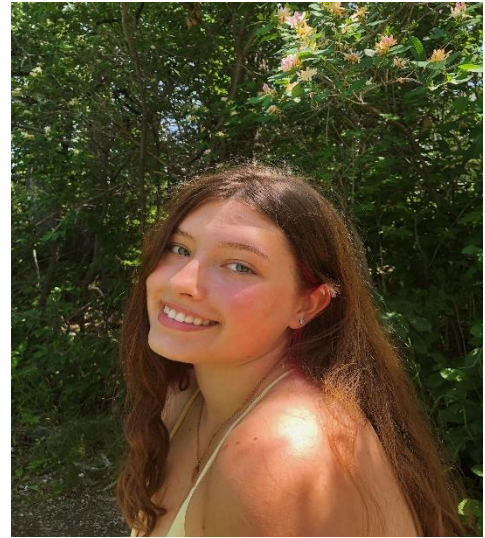
Miss Hayley has been dancing since was three years old and has always been apart of Dance Foundations from being a student, assistant and now a teacher. This is her second year teaching and she is more than excited to get back into classes. She danced competitively for five years and her favorite style of dance is jazz. Miss Hayley is looking forward to returning to the community center, as she loves inspiring kids to find a passion for dance! She loves dancing and wants others to find a love for dance as well.



Miss Kate

Miss Kate is looking forward to starting her first year at Dance Foundations. She has been dancing for seven years and just finished her sixth year as a competitive dancer. When Miss Kate was 12 years old she started student teaching and quickly learned she loved sharing her passion of dance. She is very excited to create dances with the students utilizing

her experience choreographing for dance competitions. Her favorite styles are lyrical and jazz. Miss Kate is eager to share how dance can be used as a form of self-expression and a way to tell a story.



Miss Nathalia

Miss Nathalia is very excited to join the Dance Foundations team and share her passion of dance and performing with the dancers. She is looking forward to passing on her tips and tricks that she has learned over her 10 years of dancing. Currently, Miss Nathalia is on a senior competitive dance team and has been competing in various dance styles for 6 years. Miss Nathalia loves working with kids and has been teaching dance for the past 5 years. Her favorite styles are jazz and contemporary. She is very excited to meet all of our dancers and share her love of dance with them!

BOTANICAL GARDENS OF SILVER SPRINGS

The garden is blooming and beautiful this year. Our wet and cool spring delayed parts of the garden but things are beautiful in August with blooms and fruits throughout the garden.

The garden is attracting many people and is quite a bit busier than before. Many outdoor groups are meeting there. We have a new front entrance soon to have a paving entrance with all the engraved bricks.



Front Entrance – Botanical Gardens of Silver Springs

There will also be new benches and a new picnic table. Coming in September will be new bicycle racks at the front entrance.

The flowers are abundant and changing every day. This hot weather is bringing out so many new varieties. The roses are in bloom, and because of our many varieties, there is always something in bloom. An article on our roses is available in the July issue of the Calgary Horticultural Society Magazine.

We also have a scavenger hunt for the kids. It is posted in the kiosk but also available from SSCA website. Thank you Karen Bradford.

SILVER SPRINGS EDIBLE COMMUNITY GARDEN



Please mark the date, **August 15th**, on your calendar!

This is the date of the **Grand Opening Celebration of 'The Food Forest & Gathering Place'**, which is being held in conjunction with the celebration of the **10th Anniversary** of the Edible Garden. We invite all community members to come celebrate with us!

August 15, 2020 / 10 am to 1 pm

From **10:00 am to 1:00 pm** we will be hosting an **Open House** in the garden. Please drop by to see our Edible Garden, and the new expanded garden area. (*Please note that in the event of inclement weather, the Open House and Celebration will be held on Sunday August 16th.)

Dignitaries, supporters, and donors have been invited to drop in and view the gardens.

Here's what's planned!

You may **tour** the gardens, both inside and outside the fence, to view a variety of flowers, shrubs, perennials, and garden members' boxes. Garden volunteers will be available to answer any questions you may have about the garden.

A **Treasure Hunt**, designed to peak the interest of children and to challenge their knowledge of plants and insects, is planned.

Adults are invited to enter their name in the draw for a '**Door Prize**'.

Unfortunately, yet due to the limitations of COVID-19:

- Refreshments and beverages will *not* be served ☹, but please feel free to bring your own if you wish.
- The COVID safety protocol will be encouraged. We ask that you please maintain physical distancing. The use of masks and hand sanitizer is also encouraged.
- The number of people touring the garden at one time will be restricted.
- We ask that you please avoid touching any surfaces.
- Pencils for children participating in the Treasure Hunt will be provided; however, you might prefer to bring your own pencil/pen for your child to complete the treasure hunt or to enter the contest for door prizes.



Please note that the area *outside* the chain link fence is '*The Food Forest and Gathering Place*'. Produce (fruit, vegetables, herbs) from this area will be available for the community to

harvest . . once the shrubs and trees have matured and are producing.

*The area *inside* the chain link fence, including the garden boxes and the perimeter beds, are for the *exclusive* use of those who have paid a fee to rent a garden box. Please be respectful and harvest *only* from the designated area.

Funding:

‘The Food Forest & Gathering Place’, including the shed, have been constructed with funding received from the Calgary Foundation ‘Neighbour Grant’. Many volunteer hours have gone into this project from our own gardeners, as well as a number of neighbours have also stepped forward.

The following businesses, organizations, and individuals have supported us and we are very appreciative of their financial contributions, as well as donations of materials and labour:

- The City of Calgary Parks
- The Calgary Foundation ‘Neighbour Grant’
- Tuscany Home Depot
- Lowe’s Crowfoot
- MB Exteriors
- Alauqua Projects
- Navagrah Architecture & Urban Design (Yogi Navagrah)
- Taiga Building Products
- Windsor Plywood
- Roof Mart
- Eagle Lake Landscape Supply
- Peddie Roofing & Waterproofing Ltd.

- Spruce It Up Garden Centre
- The Botanical Gardens of Silver Springs
- Thunderstone Quarries
- SLS Top Spray Cochrane
- Tree Frog Tree Care (a division of Bartlett Tree Experts)
- Calgary Parking Authority
- Mr. Wrought Iron
- Larry and Gail McDougall
- Liz and Tim McKay
- Kay and Terry Wilford
- Mr. Wrought Iron

A commemorative plaque will be placed near the front entrance of the garden to provide a permanent recognition of these contributions.

Funding has also been received from the Calgary Parking authority ‘Transportation Grant’ to build and install a **bike rack**, as well as create a ‘**Barking Lot**’, a place to water and tether your pet while visiting the garden.

Future Plans:

‘The Food Forest & Gathering Place’ is a 3-year project. Plans for the 2021 growing season include:

- building benches
- building a ‘Little Library’
- building a ‘Seed Share Box’
- building trellises
- purchase and planting of more shrubs and perennials





Community members involvement is welcomed!

If community members would like to become involved in the *maintenance* of ‘The Food Forest & Gathering Place’, we would welcome your assistance! Weeding and watering are a couple of tasks that are relatively straightforward, and we would love you to work with us in maintaining this area.

As well, if residential community members have ‘healthy’ plants they wish to divide and donate to the garden, we would be more than happy to accept them!

How to find us:

The Edible Garden is located in a City of Calgary field near the intersection of Silver Hill Road and Silver Hill Crescent NW.

- Scenic
- Floral
- Wildlife
- Park Users
- Environmental Issues

20
YEARS

*** ANNIVERSARY ***

**ANNUAL AMATEUR
BOWMONT
PARK PHOTO
CONTEST**

Best of Show: Judy Fleetham

Deadline: Oct 9th, 2020
Email: ljknigh1947@gmail.com

Bowmont Natural Environment Park 20th Annual Photo Contest Entry Form

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

- Contest is open to all amateur photographers. All photos must be taken within **Bowmont Natural Environment Park** between January 1, 2020 and October 4, 2020.
- Entry deadline is October 9, 2020.**
- Photos submitted **MUST** be accompanied by the contest Photo **Release Waiver** or will be disqualified.
- Some restrictions regarding prizes may apply.
- Only two entries per each category may be submitted.
- Submissions must be good quality 4" x 6" prints (no slides) with entry form attached. **Please do not write on the back of your photos.**
- Please email a digital version if available of photos (JPEG file) to ljknights1947@gmail.com prior to entry deadline.
- 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.

How to submit your entries:

- Attach one entry form to each photograph you submit with the following information:

Your name: _____

Address: _____

City: _____ Province: _____ Postal code: _____

Email: _____ Phone: _____

I have read and followed the Contest Rules (signature) : _____

Indicate category: ☐ Scenic Views ☐ Flora ☐ Wildlife ☐ Environmental Issues ☐ Park Users

- Give your photograph a **Title:** _____
- Attach the completed **Photo Release Waiver**
- Attach a **Consent Form** (for Park User category only)
- Submit your entries at Bowness, Montgomery, Silver Springs or Varsity Community Centre offices

Additional 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 ljknights1947@gmail.com and pdf format form and release waiver will be forwarded to your e-mail address.

For more information, contact:
Community Volunteer:
Linda Knight
Phone: (587) 899-5496
Email: ljknights1947@gmail.com



PHOTO RELEASE WAIVER

I hereby grant The Bowmont Natural Environment Park (BNEP) Amateur Photo Contest Committee ("the Committee") to reproduce and use, for the contest or for any other promotional purpose, the photograph or image ("the Photograph") submitted by me in accordance with the BNEP Amateur Photo Contest and I confirm that the Photograph I am submitting was taken by myself at _____ on the date of _____.

By signing this form, I acknowledge and confirm that:

1. I am the owner of the Photograph and have the right to grant permission to the Committee to use the Photograph;
2. I irrevocably and expressly waive all moral rights that I have in the Photograph;
3. I authorize the Committee to use the Photograph in any promotional purpose the Committee, in its sole discretion, chooses, including, without limitation to use, reuse, publish and re-publish the Photograph in whole or in part, individually or in any and all media not or hereafter known, and for any lawful purpose whatsoever without restriction as to alteration, and to use the Committee's logo in connection therewith if the Committee so chooses;
4. I waive any right to approve how the Photograph will be used by the Committee and release the Committee from any liabilities, obligation or financial payment or recognition;
5. I acknowledge that the Committee is not obligated to use the Photograph for any purpose and has no obligation to return the Photograph to me;
6. I confirm I am at least 18 years of age (if under 18, please have parent or guardian sign as well);
7. In the event the Photograph contains identifiable individuals, I confirm that I have obtained the express permission of those individuals who appear in the Photograph, or have obtained, in the case of minors under 18 years of age who appear in the Photograph, the consent of their parent or legal guardian.

Personal information on this form is collected under the authority of the Freedom of Information and Protection or Privacy Act, Section 33(c) RSA 2000. If you have any questions about the collection or use of this information please contact Linda Knight at (587) 899-5496.

Signed this _____ day of _____, 20____.

Signature of Photographer

Print Name of Photographer

Consent of Individuals Appearing in the Photograph

To be signed by individuals appearing in the Photograph, or their parent or legal guardian in the event individuals appearing in the Photograph are under the age of 18.

I confirm that I can be identified in the Photograph and consent to the use of the Photograph for the aforementioned contest and for any other promotional purposes by the Committee, and I hereby waive any right to approve how the Photograph will be used by the Committee.

#	Printed Name of Individual Appearing in Photograph	Signature
1		
2		
3		
4		
5		
6		
7		
8		