

# *the* Silver Springs **SPiRiT**

SEPT 2020

THE OFFICIAL VOICE OF THE SILVER SPRINGS COMMUNITY ASSOCIATION



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**Back to  
School**

**Time to renew your memberships**





# 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](mailto:administration@silverspringscommunity.ca)

Website: [www.silverspringscommunity.ca](http://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 .....	Cydney Elofson
Vice President .....	Jennifer Dotchin
Secretary .....	Monique Tambay-Roest
Treasurer .....	Scott Chomistek
Director, Community Safety .....	Jeremie Bourqui
Director, Botanical Gardens .....	June Bergman
Director, Community Development .....	Murray Scotton
Director, Crowchild Hockey .....	Darren Bourget
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 Liaisons

Scenic Bow Valley Guides .....	<a href="mailto:any-calgaryscenicbowvalley@girlguides.ca">any-calgaryscenicbowvalley@girlguides.ca</a>
Scouts .....	<a href="mailto:k.canivet.usa@gmail.com">k.canivet.usa@gmail.com</a>
Crowchild Twin Arena .....	Roy Moore / Jeremy Gukert
Soccer .....	Dino Sorrentino
Softball .....	Chris Robertson
Seniors Card Group .....	Betty Neary
MLA .....	Jason Copping, <a href="mailto:Calgary.Varsity@assembly.ab.ca">Calgary.Varsity@assembly.ab.ca</a>
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 .....	Dawn Ellertson
Manager, Building Operations .....	Rita McMillan
Program Coordinator .....	Sherry Gavlin

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

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## In Our Community

### 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>

### 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](http://www.silverspringscommunity.ca).



### SOKO: School's Out Kids Option

Before, lunch and afterschool program located in the Silver Springs Community Center. We are an accredited program with qualified, experienced staff. Please call SOKO at 403-286-3243 or visit our website at [www.sokokids.ca](http://www.sokokids.ca)



## 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: \_\_\_\_\_ SURNAMES 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](http://www.silverspringscommunity.ca)**

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





## Silver Springs Preschool

Our registration for the 2020/2021 school year is now open! 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](http://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 non-denominational and non-profit organization.***

Contact us today! 403-288-2616  
[www.silverspringspreschool.com](http://www.silverspringspreschool.com)  
Follow us on Facebook & Instagram @silverspringspreschool

## Thank You!

Thank you to the City of Calgary for their continued support of the Silver Springs Outdoor Pool facility which Silver Springs operates on their behalf. We'd also like to thank all the pool patrons from Silver Springs and surrounding communities who stopped by this summer and enjoyed an afternoon or evening of pool time. And thanks to our Pool staff who jumped into action amidst all the health and safety guidelines and made this summer's lessons, public swim time, deep water workouts and adult lane swim a huge success.

## Programs Offered at the Silver Springs Community Centre

**Check out our website for program start dates and for more program information**

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

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

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

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

**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.,  
Fri. 1:00 p.m. - 3:00 p.m.

### **Other Programs Offered by outside groups:**

- **Girl Guides:** Contact any-calgaryscenicbowvalley@girlguides.ca
- **159th Silver Springs Scouts:** (Beavers, Cubs and Scouts).
- **Calgary Karate:** Call 403-338-0558 for more info.
- **Tai Chi:** Call 403-240-4566 for more info.
- **Praise Ablaze Church:** 2-4pm Every Sunday. Please contact Henry or Debbie @ 403-830-0702
- **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](http://www.sportball.ca/calgary)
- **Lifegate Chapel:** 9:45-11:45 every Sunday. Please contact Josiah pastor@rccglifegatecalgary.com or 403-681-7424



## 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.

## Neighbourhood Street Program for Silver Springs

Since 2016, in response to feedback from community members, the SSCA has worked with The City of Calgary to improve mobility infrastructure and safety in the community. The City of Calgary has addressed our concerns by implementing a number of measures, including:

- Rapid flashing lights at the crosswalk at the entrance of the community on Silver Springs Gate from Crowchild Trail
- Rapid flashing lights on Silver Springs Blvd by the fire station
- Reflection sleeves at numerous crosswalks on Silver Springs Blvd
- Left turn exit from the Value Village strip mall
- Easier access to the off-leash fenced park through U-turn on Silver Springs Gate
- Traffic calming curbs on Silver Ridge Drive by Silver Ridge Crescent
- Traffic calming curbs on 54th Avenue by Silver Springs Blvd
- Traffic calming on Silver Mead Road in front of Silver Springs Elementary School

In June 2020, The City selected Silver Springs to take part to their Neighbourhood Street Program, the goal of which is to improve neighbourhood streets so that everyone can move safely and comfortably. This will be achieved through further community engagement and the implementation of pilot infrastructure projects. Whether such pilot infrastructure projects become permanent will depend on how effectively they address a particular issue, community feedback and available funding.

The City of Calgary will launch their engagement process soon with a website describing the Neighbourhood Street Project and the upcoming pilot project. The SSCA is looking forward to this opportunity to make our community safer for everyone. Stay tuned!

## Did You Know... These Facts About September

- The birthstone is the Sapphire.
- The birth flowers for September is Morning Glory.
- The two zodiac signs in September are Virgo (August 23 – September 22) and Libra (September 23 – October 22)
- September was named after *septem*, Latin for "seven", when the original Roman calendar started in March, so September was the seventh month.
- The Anglo-Saxons called this month *Gerst Monath*, which means barley month. This is because they would harvest their barley crops during this month.





## Meet the Teachers!

Dance Foundations 2020-2021



### 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.

We are very excited to welcome Miss Nathalia and Miss Kate to our Dance Foundations family!



### 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!

## 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.



## 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/>

	Sunset Room	Board Room	Common Room
Mon.	<ul style="list-style-type: none"> <li>• Pre Dance 4 - 4:30 pm</li> <li>• Pre Hip Hop 4:30 - 5 pm</li> <li>• Begginer Ballet 5 - 5:45 pm</li> </ul>	<ul style="list-style-type: none"> <li>• Junior Ballet 5 - 5:45 pm</li> </ul>	
Wed.	<ul style="list-style-type: none"> <li>• PreDance 4:45pm - 5:15 pm</li> <li>• Beginner Hip Hop 5:15pm - 6 pm</li> </ul>	<ul style="list-style-type: none"> <li>• Beginner Jazz 5:15 - 5:45 pm</li> </ul>	
Fri.			<ul style="list-style-type: none"> <li>• Beg/Jr Musical Theatre 5:45 - 6:45 pm</li> <li>• Teen Musical Theatre 6:45 - 8pm</li> </ul>

## Councillor Report

### COVID-19 - Face Coverings Bylaw

For the safety and protection of our community, the City of Calgary requires the wearing of face coverings or masks in indoor public areas and public vehicles. The Face Coverings Bylaw became active Aug 1, 2020.

The bylaw was informed by feedback from 2,000 local businesses and City of Calgary operations. We want the city to thrive, for businesses to stay open and for Calgarians to stay healthy. This decision was not taken lightly and was informed by data and by making decisions based on the collective health of Calgarians and for the local economy. With businesses reopening, more social interactions and the number of cases increasing in Calgary, these measures will better prevent a potential resurgence being experienced around the world. A second wave may disrupt an already challenged economy.

The primary focus is on educating Calgarians on the importance of wearing face coverings in indoor public spaces and public vehicles, rather than enforcement. However, the failure to wear a face covering where required can result in a penalty of \$50. The bylaw mandates that face coverings be worn in the following places:

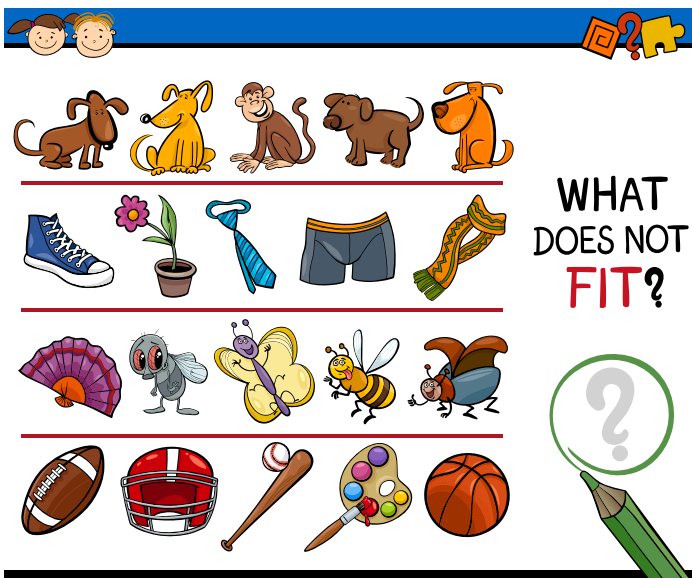
- Public transit, such as buses, shuttles and CTrains
- Public vehicles for hire, such as taxis, ridesharing businesses, and vehicles for hire
- Public indoor spaces, such as malls, grocery stores, retail businesses, and churches
- City of Calgary facilities, such as recreation centres, City Hall, City of Calgary buildings

The 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 (for example, the ability to lip read)
- 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)

For updates and frequently asked questions about COVID-19, visit [www.calgary.ca](http://www.calgary.ca).

*Ward Sutherland, Councillor, Ward 1*



## Fresh local food stands

Since 2017 the City of Calgary has partnered with local farms and distributors like YYC Growers, Fresh Routes and Broxburn Farm to operate fresh local food stands farmers markets at select C-train stations. The pop up markets have provided transit riders with easy access to local, healthy and affordable fresh food options.

This year the City of Calgary is expanding the program to include new pop up farmers market sites at community hubs around Calgary. This will help us provide more Calgarians with improved access to healthy food options. YYC Growers, Fresh Routes and Broxburn Farm will be operating farmers markets from Tuesday to Saturday at the locations listed below until Thanksgiving, on October 12.

### Local Pop Up Markets – Summer/Fall 2020

- Tuesday, Sunalta C-train Station, 3:30 p.m. - 6:30 p.m. Fresh Routes
- Wednesday, Kingsland Community Association, 505 78 Avenue S.W., 10:00 a.m. - 1:00 p.m., Broxburn Farm
- Wednesday, Murray Copot Arena, 6727 Centre Street N.W., 10:30 a.m. - 12:30 p.m., Fresh Routes
- Wednesday, Hillhurst Sunnyside Community Association, 1320 5 Avenue N.W., 3:00 p.m. - 6:00 p.m., YYC Growers
- Wednesday, Westbrook C-train Station, 3:30 p.m. - 6:30 p.m., YYC Growers
- Thursday, Winston Heights Community Association, 520 27 Avenue N.E., 3:00 p.m. - 6:00 p.m., Broxburn Farm
- Thursday, Crowfoot C-train Station, 3:30 p.m. - 6:30 p.m., YYC Growers
- Friday, Bowness Community Association, 7904 43 Avenue N.W., 5:00 p.m. - 6:30 p.m., Fresh Routes
- Saturday, Central Memorial Park, 1221 2 Street S.W. 10:00 a.m. - 1:00 p.m., YYC Growers
- Saturday, SPACE at King Edward School, 1721 29 Avenue S.W., 10:00 a.m. - 1:00 p.m., Broxburn Farm

## Use Grass Clippings as Mulch on Your Lawn

The next time you mow your yard, leave your grass clippings on the lawn instead of putting in the compost.

Grass clippings will quickly break down, returning nutrients to the soil for a healthy yard. Grass mulching will help you save time and effort from bagging up grass clippings, buying paper yard waste bags or needing to apply fertilizer to your lawn.

Cut grass when the surface is dry and keep mower blades sharp.

Follow the 1/3 rule: mow your lawn often enough so that no more than 1/3 your grass is cut. You may need to raise the height of your mower. This frequent mowing will produce short clippings that will break down quickly.

You can leave clippings on the lawn with almost any mower (push, electric or gas). Using your existing mower, simply remove the bag and leave the clippings on the lawn. Mulching mowers cut grass blades into smaller pieces, allowing the clippings to settle into your lawn without clumping. They are sold at most yard and garden stores, nurseries and home supply stores.

For more tips, visit [calgary.ca/grassclippings](http://calgary.ca/grassclippings).

*City of Calgary*



**"Every child is an artist. The problem is how to remain an artist once he grows up."**

**–Pablo Picasso**

### Silver Springs Edible Community Garden

Work on the expansion area of the Edible Garden continued throughout the months of July and August. Phase Two of this project is now complete so make sure to stop by and have a look at some of our interesting features like the 'Living Roof' on the new shed, and our grafted fruit trees. While you're there, remember that the garden beds outside the fence, once matured, are open to the community for harvesting! Some of the vegetables being grown include squash, peppers, and tomatoes. Happy eating!

An amazing 1496 volunteer hours have gone into this project to date. The Food Forest & Gathering Place, including the shed, have been constructed with funding received from the Calgary Foundation 'Neighbour Grant' and the Calgary Parking Authority 'Sponsorship Program'. 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 Dept  
The Calgary Foundation 'Neighbour Grant'  
Calgary Parking Authority 'Sponsorship Program'  
Navagrah Architecture & Urban Design  
MB Exteriors  
Alaqua Projects Ltd.  
Eagle Lake Landscapes Ltd.  
Spruce It Up Garden Centre  
Thunder Stone Quarries  
Tree Frog (a division of Bartlett Tree Experts)  
Mr. Wrought Iron  
Windsor Plywood  
Roof Mart  
Botanical Gardens of Silver Springs  
SLS Top Spray (Cochrane)  
Lowe's, Crowfoot  
Home Depot, Tuscany  
Peddie Roofing  
Petland, Crowfoot  
Golden Acres Garden Centre  
Mike Wollersheim  
L P Building Supplies  
Jeremie Bourqui  
Larry & Gail McDougall  
Kay & Terry Wilford  
Liz & Tim McKay  
Silver Springs Community Association

Phase Three of the expansion will continue into next spring and summer and continue to build on the garden



as a community gathering place. Some of the upcoming projects include:

- The addition of more fruiting shrubs and perennials
- Construction of a seating area and trellises
- A 'Little Library' and Seed Share/Exchange box
- Bike parking
- 'Barking Lot' for our four legged community members

If anyone in the community is interested in assisting with any of the above projects we would love to hear from you! You may contact us through our email address: [silverspringsgarden@gmail.com](mailto:silverspringsgarden@gmail.com)

If you would like to make a financial contribution to this project, that too would be gratefully accepted. You may visit the SSCA Office during their open hours to drop off a cheque, cash, or pay by credit card, mentioning that your financial contribution is to support the 'Food Forest & Gathering Place' expansion of the Edible Garden Group of Silver Springs. Thank you!

## Adult Programs – Fall 2020

Programming will look a bit different this Fall. Watch for more information to be shared on our website. Classes will be starting a bit later in September than usual. Watch for updates at [www.silverspringscommunity.ca](http://www.silverspringscommunity.ca)

### Cardio pump

A high intensity calorie buster that encompasses choreographed cardio followed by weight training and core development for a full body workout. Through the incorporation of weights and upbeat music, this class will leave you breathless in the best way possible!

### Active older adult 55+

An active class for beginners with choreographed cardio patterns followed by free weights and mat work. Designed to promote muscle awareness and improve muscle tone. Balance exercises are a must. The choreography is alternated with interval workouts to keep the routine fresh every week!

### Bootcamp

Most people cringe at the thought of bootcamp, but our instructor knows how best to challenge each participant without pushing them over the edge. Bootcamp is a higher intensity circuit style workout but taught in a single station format due to physical distancing and limiting the sharing of equipment. Working with set timed intervals, participants will work at their pace. It is a sure fire way to get the blood pumping, try new exercises and have some fun!

### Fusion fitness

A blended class that incorporates posture and exercises from Yoga, Pilates and strength training. This mat-based course provides participants with all the best aspects of yoga, pilates and strength training for an exceptionally well-rounded class that challenges even the most expert Yogi and pilates guru. This low impact class improves participants' strength, flexibility and balance. Participants are encouraged to bring their own Yoga mat.

### Barre above

Barre classes are the new trend when it comes to fitness. Barre above includes movements from pilates, ballet and core training. This class is designed for a wide range of fitness levels. The instructor demonstrates a variety of modifications, so expert barre dancers can break a sweat and beginners on the barre can still hit the ground running. Due to physical distancing, we will be using a chair instead of the barre.

### Yoga

It is easy to forget the importance of stretching in keeping the body strong. Seniors Yoga is a class designed to relax the mind and body through deep breathing, stretching and meditation. Due to its low-impact nature, yoga can help seniors retain and build their muscle capacity without the fear of injury that can accompany more fast-paced classes. Our instructor takes seniors through simple poses to improve their balance and confidence in themselves. All yoga classes are scent free zones.

### Pickle Ball

Are you an avid tennis or badminton player looking for a new challenge? Or have you never swung a racket in your life? Perfect for any level, pickleball is a paddle sport that incorporates elements of tennis, badminton, and table tennis. It is played with a wiffle ball on a badminton-size court over a large tennis-style net. SSCA is proud to provide the equipment. Beginner, intermediate and expert players are welcome!

## 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](mailto: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](mailto: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
- **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.ca](mailto:joe@joeshandyman.ca). [www.joeshandyman.ca](http://www.joeshandyman.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.
- **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](mailto:littlemartiesare@gmail.com)
- **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](mailto:gino@mackenzieexteriors.com)  
**Call 403-288-2616 or e-mail [ssca@shaw.ca](mailto:ssca@shaw.ca) with your ad of 40 words or less. The cost is \$10 and you must be based in Silver Springs and have a current Silver Springs Community membership.**

## Back to School Safety

Alberta Health Services EMS would like to remind parents and students about some road safety tips, as roadways become more congested, with the return of the school year. Pedestrians and motorists both have an important role to play – road safety is a shared responsibility.

### Motorists

- Avoid talking on cell phones, texting, or any other behavior that diverts your attention away from driving;
- Give right-of-way to pedestrians who have activated overhead crossing lights, or who are waiting to cross from a street corner;
- Remember, it is illegal to pass vehicles - other than those that are parked - in school zones or playground zones, during posted hours.

### Around school buses

- Flashing amber lights mean a bus is slowing down to stop – motorists should do likewise;
- No matter which direction you are coming from, STOP, when approaching a school bus with activated flashing red lights – unless the bus is on the opposite side of a divided highway from you;
- Driver courtesy goes a long way. By simply being alert and cautious when approaching a school bus, you are contributing to school bus safety.

### Pedestrians

- Cross only at marked crosswalks, or street corners that have clear visibility from all directions;
- Make eye contact with all drivers before crossing the street, and keep distractions to a minimum;
- When activating overhead crossing lights, pause before stepping off the curb to ensure motorists in both directions have come to a complete stop;
- Stay within the crosswalk lines;
- Obey pedestrian lights at intersections. Cross the street only when you see the 'walk' sign and only when all cars have come to a complete stop;



- If you are with young children or pets, hold your child's hand firmly and keep a solid grip on leashes when crossing;
- Remember: children learn by observing. By demonstrating safe crossing habits, you can reduce the chances of your child being involved in a preventable auto/pedestrian collision.

*Emergency Medical Services, Alberta Health Services*

## NWW Hockey News

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

Our evaluations have been adapted to adhere to the guidelines in place for COVID interaction to keep everyone safe. Complete information can be found on our website under our Evaluation tab - [www.nwwarriorshockey.com](http://www.nwwarriorshockey.com)

You can find a wide range of information on our season, program and procedures at ([www.nwwarriorshockey.com](http://www.nwwarriorshockey.com)).

If you have any questions please contact us at, [admin@nwwarriorshockey.com](mailto:admin@nwwarriorshockey.com)

*The Northwest Warriors*

## DID YOU KNOW??

The Taj Mahal in India is made entirely out of marble.

