

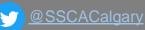
HAPPY THANKSGIVING!

Photo By Melissa Byrnes

THE OFFICIAL VOICE OF THE 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

@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
PresidentCydney Elofs
Vice President
Secretary Monique Tambay-Ro
TreasurerScott Chomist
Director, Community SafetyJeremie Bourd
Director, Botanical GardensJune Bergm
Director, Community DevelopmentMurray Scott
Director, Crowchild Hockey
Director, Senior's HousingKaren Kirnbai
Director, Senior's EngagementKay Wilfo
Director, Social Media
Director, Outdoor Spaces Jeremy Guk
Director, Membership Development
Standing Liasons Scenic Bow Valley Guidesany-calgaryscenicbowvalley@girlguides Scoutsk.canivet.usa@gmail.co
Crowchild Twin Arena
Society Cond Court
Seniors Card GroupBetty Nea MLAJason Copping, Calgary.Varsity@assembly.ab
MP Calgary Rocky RidgePat Ke CouncillorWard Sutherla
Friends of the Gardens
Friends of the GardensDuncan Badş
Community Association Staff: 403-288-2616
Accountant
Administration
Manager, Building OperationsRita McMill
Program Coordinator Sherry Gav

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

IN THIS ISSUE
MESSAGE FROM JASON COPPING2
WARD 1 REPORT FROM COUNCILLOR WARD SUTHERLAND 3
CLASSIFIEDS4
WASTE AND RECYCLING5
NORTHWEST WARRIORS HOCKEY6
SCOUTS6
SILVER SPRINGS PRESCHOOL REGISTRATION6
ADULT PROGRAMS7
DANCE FOUNDATION8
BOTANICAL GARDENS9
EDIBLE GARDEN GROUP10
PUMPKIN GIVEAWAY! Error! Bookmark not defined.
PUMPKIN WALK12
PUMPKIN PICTURES13
SNOW ANGELS14
PRESCHOOL SHED15
${\bf COLORING\ CONTEST\} {\bf 16} Error!\ Bookmark\ not\ defined.$
SII VER SPRINGS
SILVER SPRINGS COMMUNITY ASSOCIATION
COMMUNITY ASSOCIATION
Membership Application
Wellibership 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:	S:	-11 / A
, ,	Senior \$10/househ	old / Associate \$35)
Amount Paid: \$		

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.

Visa □ Mastercard □

Cheque □

Credit Card #:

Exp:



MESSAGE FROM JASON COPPING

Happy Thanksgiving

With Thanksgiving just around the corner, I want to first and foremost thank the residents of Calgary-Varsity. I hear from many of you and the passion you have for our province is evident. From small family businesses, startup innovators, teachers, doctors, nurses and thousands of others who contribute to Alberta, I know this year has been tough, but we have a lot to be grateful for. Though Albertans are faced by great challenges, we will overcome by working together.

To help deal with these difficult times the government is implementing Alberta's Recovery Plan. This plan builds on our economic strengths to attract investment and position our province for prosperity. It will create jobs, build important infrastructure, and help diversify the economy for the future. Investments in our schools, roadways, water systems, and more will provide a much-needed boost to the economy.

In addition, Alberta's recovery is focusing on lowering barriers to local job creators and building strength in new sectors like natural gas, aviation, and technology. As we weather the immediate effects of COVID-19 in our community, government is introducing programs that will strengthen the economy in the long-run.

Responding to the pandemic and economic crisis has a cost. Alberta is facing a historic deficit of \$24.2 billion, including over \$14 billion for

COVID-19 relief programs. This is the right thing to do to support and protect all Albertans. As this deficit will drive up interest payments, it is important now more than ever that government be as efficient as possible to limit the impact on future generations.

Despite these challenges, I continue to be thankful for all the work Albertans are doing to get through this together. 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

<u>Calgary.Varsity@assembly.ab.ca</u>

Unit 201, 1055 20th Avenue NW

403-216-5436

Facebook: facebook.com\jasoncoppingAB

✓ Instagram: <u>Jason CoppingAB</u>✓ Twitter: <u>@JasonCoppingAB</u>

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



City of Calgary: Ward 1

COVID-19 has created significant additional expenses for the city. Council is cutting back to address these financial issues. In July 2020, my Notice of Motion (NOM) for Union Wage Contract Negotiations was supported by Council. My NOM addresses the three major union contracts due on January 01st, 2021. The unions must participate in our financial challenges and this motion deals with that. Council directed Administration to address our fiscal challenges and wage negotiations and they are responsible to follow our direction. Administration will report back to Council with a negotiating strategy. Ernst & Young Financial Group (EYFG) was contracted to review the City's budget and to explore permanent budget savings.

Council is asking these unions to participate in our financial cutbacks. In November 2019, my NOM called for contracting out one-quarter of the black cart waste collection service to the private sector. In February 2020, my NOM proposed contracting out the management of City-owned golf course operations. You may have noticed radio and television ads from unions targeting my NOMs and asking residents to call their councillor. Basically what they are saying is that they, the unions, do not support my NOMs.

The EYFG report goes public this month and Council must commit to whether or not to implement the recommendations. Our current property tax budget for 2021 is a zero percent indicative tax rate. Council has demonstrated leadership by volunteering to accept 0% wage adjustments and has seen compounded wage

adjustments since 2014 fall roughly 5% below compounded inflation (-.33% average 5 years). Now is the time for unions to follow suit.

Ward 1 communities

Situated in Calgary's Northwest quadrant, the framework of Ward 1 is made up of an assortment of diverse geography and communities. From established neighbourhoods with 100 years of history, to the "up-and-coming" new developments, Ward 1 is home to young professionals, new families and an active senior population who all make up its diverse fabric.

Link to Latest news:

https://www.calgary.ca/citycouncil/ward-1/wardarticles.html?Tag=Newsletter

Ward Sutherland

Councillor, Ward 1

CROWCHILD TRAIL UPGRADES

We're pleased to announce that all major upgrades involved in this short-term improvements phase of this project are now complete. While you will notice a few skeleton crews putting some finishing touches on this project through to the end of this construction season, the new lanes are open, traffic flow has been improved over the Bow River and we hope you've had the chance to take advantage of the increased connectivity to our pathway network.

Watch the video that summarizes the project!

Check out the before and after photos!

Link to article:

https://www.calgary.ca/transportation/ti/roadprojects/crowchild-trail-upgrades/crowchild-trailupgrade.html

Link to video:

https://www.youtube.com/watch?v=TGgo6xq_rF0 &feature=youtu.be

Link to photos:

file:///C:/Users/User/Downloads/crowchild-upgrades-before-and-after-shots.pdf

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

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@joeshandymanservice.ca www.joeshandymanservice.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.

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

PRIVATE PIANO LESSONS in your home or mine. Students of all ages. Beginners are my specialty.

\$25/half hour lesson. Flexible hours to work around busy families. References provided upon request.

Cheryl Clarke 587-229-

2783. Cheryl.clarke151@gmail.com.

Music Instruction in voice, piano and theory. 40 years of experience. Call Rita at 403-202-0429 for more information.

Fall Clean-up, Snow Removal, Painting, Carpentry and Household Repairs. Also prune bushes and cut down trees, clean eaves troughs, reposition sidewalk blocks. Many satisfied, repeat customers in Silver Springs. Fast and affordable, reliable, quality workmanship, friendly service. Please call Mehryar at 403-923-6441 or Loree at 403-286-6308.

PET & SITTING SERVICES – House inspection, cat/dog visit \$20.00, dog walking \$18.00, daycare \$25.00, dog boarding home conditions \$35.00, First aid pet certified. Call Elena 403-247-6205.



STARTING OCTOBER 1, REMEMBER TO TAG YOUR EXTRA GARBAGE BAGS

Starting October 1, if you have an extra bag of garbage that won't fit in your City black cart, you'll need to buy a garbage tag. Tags are \$3 each and available at participating convenience and grocery stores or online. See the full list at calgary.ca/garbagetag.

How to use garbage tags:

- 1. Fill your black cart first.
- 2. Place extra garbage in a bag and wrap a tag around the knot on top of the bag.
- 3. On collection day, set the bag 0.5 metres (2 feet) from your black cart.

We encourage everyone to look at what you are buying and throwing away to find ways to reduce waste. Sorting materials correctly helps maximize the use of all three carts (blue, green, black).

Learn more at calgary.ca/garbagetag



GARBAGE, RECYCLING AND COMPOSTING PICKUP SCHEDULE

Look up your address to view your Blue, Black and Green Cart collection day schedule and sign up to get free garbage, recycling and composting bin pick-up day reminders.

Link to article: https://www.calgary.ca/uep/wrs/garbage-collection-information/residential-services/garbage-day-schedule.html

NEIGHBOURHOOD STREETS – SILVER SPRINGS

The City wants to hear from you! Please visit engage.calgary.ca/SilverSpringsStreets from September 8 – October 4 and fill in the survey. For updates and to stay informed subscribe to the email distribution list at <u>Calgary.ca/SilverSpringsStreets.</u>

NORTHWEST WARRIORS

Wow what an exciting start to our hockey season. We are grateful to be back on the ice and rolling following such a different spring and summer. Evaluations are just winding up for our senior divisions and our junior teams have already hit the practice ice. It is great to see all those energetic faces, and the kids are so excited to be back.

Thank you to everyone for their continued commitment to the great game of hockey and to following our current health guidelines!

Visit our Northwest Warriors website to see what is new (www.nwwarriorshockey.com), and what events are coming up. If you have any questions or comments please contact us at admin@nwwarriorshockey.com

We would like to wish everyone a Happy Thanksgiving filled with family, friends and fun. Oh yes and lots of turkey!

Northwest Warriors Hockey



SCOUTING IS BACK!

Scouting has implemented a phased approach to return to normal activities. The focus right now is on outdoor and online meetings. Groups will be limited in size and divided into "patrols"... The Scouting equivalent of "cohorts". We are all eager to return to normal activities but need to do so safely. Due to Covid-19 supply restrictions, our annual fall fundraiser will look different this year. Stay tuned for more details.

Scouts Canada will have an extended free trial period running for new members till the end of the year. Sign up at: www.myscouts.ca, questions can be sent to: contact@159scouts.ca. Several groups at different age categories still have space.

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
- 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:

Read our Re-Opening Strategy at: 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

ADULT PROGRAMS –FALL 2020

Register at: www.silverspringscommunity.ca

Programming will look a bit different this Fall.

All classes must be pre-booked. Some will be offered as a session such as our Yoga and Fusion classes and some are available to register for one day at a time such as the Active Older Adult and Pickleball.

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!

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.

Sessions run: Wednesdays 10:30 – 11:30am September 23 – October 28 (6 weeks) and November 4 – December 16 (6 weeks) No class November 11

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.

Session runs Mondays 10:30 – 11:30am (September 21 – December 7 (10 weeks) no class Oct 12 and Nov 16

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! Classes begin October13th.

LINE DANCE

Boot, scoot and boogie into Calgary's culture! Line dancing is a popular western style type of group dance performed in lines with a sequence of steps. In Calgary, it's important to know how to line dance when the Calgary Stampede rolls into town, and it is a great way to get moving and meet like-minded people. SSCA offers two levels: Beginner and Improver, and both classes run for 12 weeks.

Sessions run Thursdays: October 15 – December 19 (9 weeks)

Improver class: 1 − 2pm

Beginner class 2:15 – 3:15pm

OTHER PROGRAMS OFFERED BY OUTSIDE GROUPS:

Girl Guides: Contact:

any-calgaryscenicbowvalley@girlguides.ca

Calgary Karate: Call 403-338-0558 for more info

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

SOKO: School's Out Kids Option – Before, lunch and after school 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

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 is now open! Class descriptions at: https://silverspringscommunity.ca/programs/

	Sunset Room	Board Room	Common Room
Mondays	Pre Dance		
	4 - 4:30pm		
	Pre HipHop		
	4:30 -5pm		
	Beginner Ballet	Junior Ballet	
	5 - 5:45pm	5 - 5:45pm	
Wednesdays	Pre Dance		
	4:45 - 5:15pm		
	Beginner Hip Hop	Beginner Jazz	
	5:15 - 6pm	5:15- 5:45pm	
Fridays			Beg/Jr Musical Theatre
			5:45 - 6:45pm
			Teen Musical Theatre
			6:45 - 8:15pm

Mondays: (24 weeks) SEP 21 – **APR 19** (No class: October 12, Feb 15, Apr 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

BOTANICAL GARDENS OF SILVER SPRINGS

The Botanical Gardens has been a very popular place this year with much increased traffic of a variety of users. The garden is also being used for various groups as a place for solace, meditation, and mental health during this time of COVID. You may see groups throughout the garden using the beauty of nature to center them and give them peace.

The volunteers in the garden have been working hard on maintaining the gardens. Thanks to everyone who has been respecting the distancing requirements. Our main thrust for improvement this year has been the new entrance (near the ball diamond). We have new planters and shrub beds, 2 new benches, new signage, a new brick entrance with engraved bricks and new bike racks with the theme of Body, Mind and Spirit. The work done is beautiful and the support from the community has been wonderful. If you have not yet seen it, try and make your way there this month before winter comes and covers much of it.

The brick program has been very successful. We have received orders for 110 bricks which have been installed. We will be installing more brick work in the main entrance next year, so if you are still interested in purchasing a brick (\$100.00) please go to the website and click on donations – there is a link there to our forms.

We also are offering the opportunity again next year for individuals to sponsor benches and picnic tables. After a hiatus of several years, we have permission from the City of Calgary to move ahead with a few benches each year.

New this coming year is the opportunity to sponsor a garden. More information about this will be coming in the next months.

Upcoming activities include the now annual pumpkin walk on November 1. As well we will again be decorating for the Christmas holidays.

We support garden tours on request for a nominal fee of \$2.00 per person. Contact Teresa at <u>teresa@bgss.ca</u> for discussion about the type of tour you are interested in.

You will see many volunteers through the garden cleaning up during the month of October. Stop and talk with them about the plants that will live in Calgary. They are a wealth of knowledge for you to assist in your own yard clean up and putting the garden to bed.

Further information is always available at https://www.bgss.ca/

You can contact us through the website with any questions or comments you may have.

EDIBLE GARDEN GROUP

Gorgeous summer weather set the stage for our August 15th Open House celebration for the 10th Anniversary of the Silver Springs Edible Garden and the grand opening of the 'Food Forest and Gathering Space.' 125 visitors took advantage of socially distanced tours of the garden and learned about new features like the unique 'Living Roof' of our new garden shed. It is our understanding that Silver Springs Edible Garden is the only community garden in Calgary to have a green roof!

Our youngest garden enthusiasts took part in a Treasure Hunt to identify various vegetables, fruiting trees, and shrubs. Information about many kinds of insects provided further interest.

In the spirit of celebration and thanks, the first 50 visitors were gifted seed packets or gardening gloves.

Winners of the door prize draw were:

\$25 Gift Certificate for Golden Acre Garden Centre:

Laurel Caddel

Twyla Siple

Judi Vanderbrink

Jackie Kleiner

Family Membership for the Silver Springs Community Centre:

Cathy Drinnen

Admission for 2 to one of our Speaker Presentations for 2021:

Sam Rothery

Maureen Dodd

W.E. Johns said, "One of the most delightful things about a garden is the anticipation it brings." We have been pleased to see the community harvest from the 'Food Forest'.

If you are interested in joining the waitlist for a garden box next season, please email silverspringsgarden@gmail.com





The Edible Garden Group is seeking donations of garden tools in good condition. Some of the needed tools include garden (not grass) rakes, shovels, edgers, and hand tools. If you have any extra tools you can contribute, we would gratefully accept!





Let's give 'em pumpkin to talk about!

JOIN US FOR THE 2ND ANNUAL SILVER SPRINGS PUMPKIN WALK!

WHEN: SUNDAY, NOV. 1, 6:30PM – 8:30PM

WHERE: BOTANICAL GARDENS OF SILVER SPRINGS (37 SILVER SPRINGS DR. NW)

It's back! Come have a socially-distanced, gourd time checking out the pumpkin carving prowess of your fellow Silver Springers while showing off your Spooktacular costumes for one more night!

Pumpkins can be dropped off at the entrance to the Botanical Gardens (by the ball diamond) between 4:30pm and 6:15pm on Nov. 1.

AHS Covid-19 protocols will be adhered to, including strict social distancing measures and attendees are encouraged to wear a mask, as well as their costumes.

What do you get when you drop a pumpkin? Squash!

Please watch our SSCA social media and our SSCA website for any updates regarding Public Health Orders nearer to our event date.

Pumpkin Walk 2019







Snow Angels Wanted!

We are looking for anyone interested in helping out local seniors with snow removal this season. If you would like to help, give the office a call and we will post your name and phone number in the upcoming Spirits. 403-288-2616

Need Snow Removal Help?

Are you a local senior needing help with snow removal this season? Watch for a "Snow Angels" list to be posted in upcoming issues of the Spirit.



THANK YOU SO MUCH TO OUR WONDERFUL VOLUNTEERS; RICK METZGER, WARREN GAVLIN, DALE MCMILLAN AND JOHN HOLMES WHO ASSEMBLED THE PRESCHOOL SHED!!

COLORING CONTEST! Drop off your colored Halloween picture in the mailbox at the Silver Springs Community Center (outside to the left of the main doors) by October 15! Please fill in the bottom portion and circle the age group. Random draw by age group on October 30!



NAME _____ AGE GROUP (PLEASE CIRCLE) **5 AND UNDER / 6 - 8 YRS / 9 - 11 YRS**PHONE NUMBER _____