




THE SILVER SPRINGS SPIRIT

Silver Springs Community Association Official Newsletter

 5720 Silver Ridge Drive NW, Calgary AB T3B 5E5

 administration@silverspringscommunity.ca

 silverspringscommunity.ca

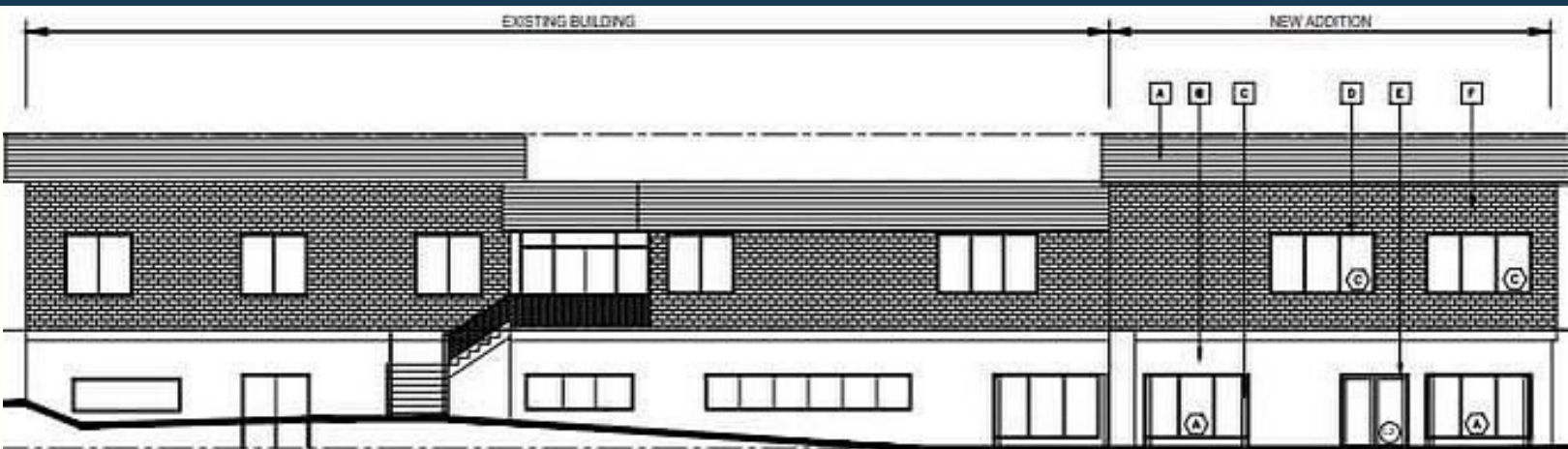
 403-288-2616

 [ssca_calgary](https://www.instagram.com/ssca_calgary)

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



Office Hours
Monday to Friday
8:30am to 3:30pm



HAVE YOU HEARD ABOUT THE BUILDING ADDITION TO THE COMMUNITY CENTER?

In 2018, two community volunteers had a dream. A warm skate shack, with washrooms and a storage garage for the rink volunteers. Fast forward to 2023, the dream became a reality. It also grew into something much bigger. A 2-storey addition to our building that will also offer everything and more. Kneeling in the snow to tie your child's skates and using a porta potty will be a thing of the past. We will also have the following in the first phase of the project:

- multi purpose room that can hold 80-100 people
- second multi purpose area for up to 20 people
- garage for equipment that is used by our amazing volunteer maintenance crew
- storage for our West Valley Softball and Norwest Soccer programs.

Phase 2 is the upgrade of the rinks and surrounding outdoor common areas. Financially we are at 75% of our fundraising goal. Interested in this project? We are looking for equally excited volunteers with fundraising or grant experience. Please email rita@silverspringscommunity.ca

**SEPTEMBER 1 - 2023/2024
SSCA MEMBERSHIP RENEWAL**

**SEPTEMBER 1 - FALL FITNESS
REGISTRATION OPENS ONLINE
AT 9AM**

**SEPTEMBER 6 - TOUR OF
GENESIS CENTRE (SENIORS)**

**ONGOING - DANCE
FOUNDATIONS REGISTRATION**

**SEPTEMBER 9/10 - CURBSIDE
TREASURE HUNT**

**SEPTEMBER 11 - ENERGY
EFFICIENT FUTURE WORKSHOP**

**OCTOBER 15 - TIM AND
MARIA'S PUMPKIN PATCH**

TABLE OF CONTENTS

3	Pool	4	Programs & Events
5	Dance Foundations	6	Fall Fitness
8	Activities & Groups	9	City of Calgary
10	Botanical Gardens	12	Edible Garden Group
13	Winterspace	14	Seniors Corner
18	Councillor Sonya Sharp	19	Office of Pat Kelly
20	St. Sylvester School		

SSCA Vision
To maintain a beautiful and vibrant community by supporting the evolving needs of our residents through communication, leadership and engagement.

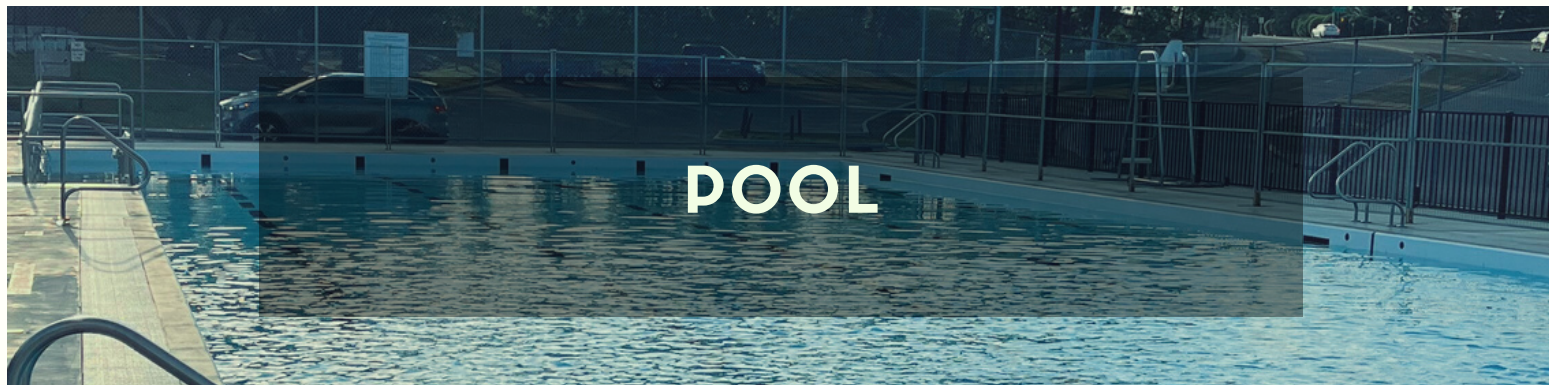


credit: Edible Garden of Silver Springs

SSCA Mission
To enhance quality of life by fostering community spirit, participation and engagement.

Board of Directors

President	patrick@silverspringscommunity.ca
Vice President	jeremie@silverspringscommunity.ca
Treasurer	lynda@silverspringscommunity.ca
Secretary	karenk@silverspringscommunity.ca
Community Safety	jon@silverspringscommunity.ca
Botanical Gardens	june@silverspringscommunity.ca
Seniors' Resources & Engagement	karenk@silverspringscommunity.ca
Edible Garden Group	kay@silverspringscommunity.ca
Membership Development	karenb@silverspringscommunity.ca
Community Development, Outdoor Spaces	jeremy@silverspringscommunity.ca
Director-at-Large	cydney@silverspringscommunity.ca
Policies & Procedures	lily@silverspringscommunity.ca
Events & Communications	erika@silverspringscommunity.ca
Youth Engagement	monique@silverspringscommunity.ca
Director-at-Large	scott@silverspringscommunity.ca
Director-at-Large	margaret@silverspringscommunity.ca



September Long Week Pool Schedule

Last day to swim is September 4th 2023

Adult Lane Swim
12:00 pm – 12:50 pm

Public Swim
1:00 pm – 2:30 pm
2:45 pm - 4:15 pm
4:30 pm - 6:00 pm

Pool tickets for public swim and lane swim will be available for purchase 3 days in advance starting at 7am!
Available on the [Calgary Outdoor Pool website](#).
Tickets are \$5 and children under two are free.

We had a great outdoor pool season thanks to all of the hard work from our instructors and lifeguards.

The most popular concession items this year... drumsticks and fuzzy peaches!



Classifieds - Support Local

Fall Clean-Up: Prune bushes and trees, edge flower beds and lawns, clean eaves troughs, repair fences, move sidewalk blocks. Also painting inside and outside, plumbing and household renovations. Reasonable rates, dependable, quality workmanship, friendly service. Please call Mehryar at 403-923-6441 or Loree at 403-286-6308.

M & M Plumbing and Gas: For a free quote call or email Martin 403-827-9928, mmplumbing.gas@gmail.com

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 nicksplumbing2005@gmail.com

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

PROGRAMS & EVENTS

Energy Efficient Future

September 11, 2023 10:00-11:00am
at the SSCA 5720 Silver Ridge Drive



A free workshop to help you understand home energy use and take steps towards energy efficiency! Create an action plan, and get started right away with a FREE Energy Efficiency Kit.



Registration for the 2023/2024 school year is open!

We still have room in the following classes:

- 3 year old AM – Full, Waitlist
- 3 year old PM – 3 spots open
- 4 year old AM – Full, Waitlist
- 4 year old PM – Full, Waitlist
- 4 year old ALL DAY – Full, Waitlist

To learn more about our preschool visit:

silverspringscommunity.ca/preschool
or email

preschool@silverspringscommunity.ca
for further information.

JELLYBEAN DANCE - October 27 2023



Tickets are \$8 go on sale October 2 online only. Jellybean dances are dances for grade 4, 5 and 6 students involving a DJ, light show, games and door prizes. We offer a cash only concession at the dances.



Thank you

CASINO VOLUNTEERS

Katherine W.	Heather M.	Murray S.	Derwyn H.
Peggy L.	Jacki L.	Colin M.	Jeremie B.
Kaylee T.	Rita M.	Helen B.	Rebecca M.
Elle H.	Dale M.	Kyra B.	Monique TR.
Penny F.	Sherry G.	Tracy M.	Karen K.
Kim Z.	Shannon C.	Jeremy G.	Dorothy B.
Debbie P.	Derwyn H.	Bridget L.	Jon M.
Tami M.	Hanveer K.	Melanie G.	Deb H.

DANCE FOUNDATIONS

For children 3-14 years old - Registration is open
Questions? Email dancefoundations@silverspringscommunity.ca

Fall classes start September 12, 13 & 14 2023 ending December 12, 13 & 14 2023 (14 wk session) 30 min class: \$125 Members/ \$140 nonMembers / 45 min class: \$150 Members/ \$165 nonMembers / Musical Theater: \$275

Uniform T Shirt: \$20

Meet our Coordinator, Shannon

Shannon is a dancer, instructor, choreographer and a senior student at the University of Calgary.



Shannon has received seven scholarships and bursaries from the university in recognition of her academic and artistic accolades. Shannon has been hard at work designing a new program for the children and has also found us two very talented instructors, Abigail and Ryan, to teach along side her. Welcome Shannon, Abi + Ryan!

Class Descriptions

Ballet - Technically based training with a physiological focus. Builds coordination, balance and core dance skills.

Jazz - Influenced by a fusion of hip hop and ballet principles. Typically upbeat, fast in tempo, and includes a variety of movement types.

Hip Hop - Street styles including popping, locking, breaking, and house.

Schedule

Tuesday

4:30-5:15 Lyrical (Open, 6+)

5:30-6:00 Pre-dance (3-5)

Wednesday

4:30-5:00 Pre-dance (3-5)

5:00-5:30 Pre-ballet (3-5)

5:45-6:30 Beginner ballet (6+)

4:30-5:15 Intermediate jazz (6+)

5:15-6:45 Musical theater (6+)

Thursday

4:30-5:00 Pre-ballet (6+)

4:30-5:15 Beginner hip hop (6+)

5:15-6:00 Beginner jazz (6+)

5:15-5:45 Pre-hip hop (3-5)

6:00-6:45 Acro (6+)

6:00-6:45 Hip hop freestyle (6+)



Musical Theater - Fusion of dancing, singing and acting. Storytelling and characterization is emphasized.

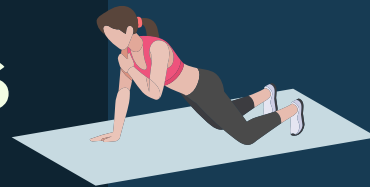
Lyrical - Ballet-based technique with elements of jazz. Creative expression and individualism in dancer artistry.

Acro - Fusion of dance and gymnastics. Based on teamwork and flexibility.

Fun fact - Shannon worked for the University of Calgary theatre costume construction team and has since designed and sewed multiple costumes for dancers.



FALL FITNESS CLASSES



	Monday	Tuesday	Wednesday	Thursday	Friday
9:15-10:15am	Strength and Core*	Proactive Adult*	Proactive Adult*	Proactive Adult*	Sweat & Restore
10:30-11:30am	Morning Yoga		Fusion Fitness		Retiree Yoga
11-12pm		Seniors Yoga			
1-2pm				Improver Line Dance	
2-3pm				High Beginner Line Dance	
3-4pm				Beginner Line Dance	

*Proactive Adult, Strength and Core & Sweat & Restore are drop in only. All other classes are registered. If the class has already started please contact our office to receive a prorated registration fee.

Price List

Drop In Classes (returns September 5 2023, no classes on statutory holidays)

Proactive Adult / Strength & Core / Sweat & Restore: \$7. Punch card available

Registered Classes (registration opens September 1 at 9am online):

Seniors Yoga: September 12 to December 12 / 14 classes / \$140

Line Dance: September 14 to December 14 / 14 classes / \$140

Retiree Yoga: September 15 to October 27 / 7 classes / \$70

Fusion Fitness Session 1: September 6 to October 25 / 8 classes / \$80

Fusion Fitness Session 2: November 1 to December 13 / 7 classes / \$70

Morning Yoga Session 1: September 11 to Oct 30 / 7 classes (no class Oct 9) / \$70

**All of our registered classes have a drop in fee of \$12*



FALL FITNESS CLASSES



Proactive Adult: An active class for those who want to keep moving 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! Instructor: Judi

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. Instructor: Judi

Strength and Core: This class focuses on building strength in both the upper and lower body. Working with different counts as we lift weights. There will be a cardio interval (no choreography), followed by core work on the floor and stretches. Open to all levels. You choose the weight you want to use. Instructor Judi

Seniors Yoga – Classes will focus on gentle stretching, breathing exercises and meditation. It does not matter how flexible we are as long as we keep moving and do what we can. Instructor: Marcy

Sweat and Restore - 45 minute interval training finishing with a 15 minute restorative stretch.

Improver Line Dance – This class is suitable for our more advanced dancers. We will add to the basic step patterns and choreography will include a variety of tempos and rhythms. At this level the dance routines will have several turns and will often have restarts and tags. The choreography is typically 32-64 and involve several turns.

High Beginner/Beginner Plus Line Dance This beginner plus class is for those people who have taken the beginner class. There will be more turns and new step combinations to master. You are able to easily remember the basic dance steps and able to do most of the dances by memory.

Beginner Line Dance – There is no experience required for this class. Basic line dance steps and terminology will be taught. Wear supportive, comfortable shoes that have a smooth sole and comfortable clothing.

Retiree Yoga - This class will get your body moving in ways that are supportive. You will notice your breathing become calmer and we will also include mindfulness practices that can be used in your daily life. Open to all levels and abilities. Instructor: Taryn

Morning Yoga - Come as you are. Allow your breath to move your body. Set aside one hour to connect, to be curious about how you move, and to feel from the crown of your head to the soles of your feet. Our yoga class is suitable for all levels and offers levels within the poses to deepen your practice or to move gently and listen to what your body needs. Stay light-hearted, practice balance, engage your core and cultivate physical awareness to move with grace and skill. Instructor: Alicia



ACTIVITIES & GROUPS



Silver Springs Friendly Bridge Group Wednesdays at the SSCA (returns September 13)

We are a group of mostly seniors who meet on Wednesday afternoons to play friendly Bridge. We are certainly NOT experts, nor a teaching group for learning the game. Participants are expected to have either played previously or have taken some beginner lessons. In order to be able to communicate and bid effectively with a variety of players, we encourage participants to follow the American Contract Bridge League standards, a system that is explained in Audrey Grant's bridge resources.

Cost: \$2.00 per person per afternoon attended. A Silver Springs Community membership is required. Very affordable for seniors. For additional information, please feel free to contact Marilyn at mj.pitt4@gmail.com

Mah Jong Group Thursdays at the SSCA (returns September 14)

Mah Jong – Join us at the community center for this fun game every Thursday 1-4pm.

Cost: \$2.00 per person per afternoon attended. A Silver Springs Community membership is required. Please contact Anne for more information at: anndowli@telus.net

WAITLIST ONLY FOR VENDORS

CHRISTMAS CRAFT MARKET

10 AM to 3 PM

Saturday November 18 2023
Silver Springs Community Association

Save the date and come support artisans and home crafters. The focus of this Christmas Sale is unique, handcrafted items; artwork, wood work, art cards, photography, jewelry, sewing, knitwear and seasonal home décor

We are looking for seniors!

25 seniors are invited to attend a free lunch on Wednesday September 6, 2023, tour of the Genesis Centre and some entertainment. This is the reciprocal part of our hosting 25 Seniors from F.O.C.U.S on Seniors group that came to visit our community in August. We will carpool for our Community Centre. Should be a lot of fun!!!

If you would like to attend, please contact Karen Kirnbauer at: karenk@silverspringscommunity.ca



Haskayne Legacy Park grand opening event

NWW Hockey Evaluations Begin September 5!

Evaluations begin on September 5 with prep skates through the first week or two of September. Prep skates will be available for all divisions except for Junior C.

If you still need to register, YOU CAN! Late fees were applied starting August 15 but registration is still open. You can register here: www.nwwarriorshockey.com/registration

If you are interested in volunteering as an evaluator during the month of September, please reach out to our evaluations team: evalsdir@nwwarriorshockey.com We are always looking for more qualified hockey people to help!

For more information on our Northwest Warrior program or our Northwest House League please contact our administrator: admin@nwwarriorshockey.com

Celebrate the opening of Calgary's newest regional park Sept. 16, 2023

For more information click [here!](#)



Join the Curbside Community Treasure Hunt!

Discover hidden treasures in your neighbourhood and give unused items a new life while keeping them out of landfills. The ultimate treasure hunt is happening on September 9 and 10, 2023, and we want you to be part of it!

Here's how to join the fun:

- 1) Gather reusable items you no longer need from your home—books, electronics, toys, kitchen gadgets, and more.
- 2) Mark them with a "Free" label and place them on your property next to the sidewalk or curb during the event days.
- 3) Anyone can pick up these items for use—it's like a free garage sale at your doorstep!
- 4) Remove items not picked up by 5:00 pm Sunday and donate them to local charitable organizations.

For more information visit our website

THE BOTANICAL GARDENS OF SILVER SPRINGS



We continue to enjoy the summer and warm weather that has supported our beautiful gardens. There have been many visitors from all over and the garden is very busy every day. The park is open daily during daylight hours and there is no admission charge. The paths are mulched and paved depending on the area.

The garden has been busy with events. We have hosted many tours from groups of all sorts. These can be up to 20 persons. As well art groups come to the garden regularly to paint or draw.

Our volunteers have been busy. Maintaining the gardens and discussing aspects of gardening with all of the visitors. We appreciate the interest that so many show in all aspects of gardening.

The garden now has a new 'Little Library'. This will support the interests of gardening and horticulture. It is located in the fruit grove. We appreciate your use of the library and also ask for any gardening book donations for the library to be dropped off at the community center where our librarian will pick them up and use them as part of the rotation for the library.



We have ongoing opportunities to sponsor gardens, benches, and picnic tables. Please inquire with the website at <https://bgss.ca>

We continue to accept volunteers who may be interested in helping us in any way. We are a 100% volunteer organization and could not operate without all of you. Please volunteer at info@bgss.ca

Please continue to use our new database. There are QR codes on each garden which link through your phone or other mobile device to the plant data base. Here you will find whatever information you may require on what the plants are called and their growing requirements. If you wish, you can also get there by going to the website [BGSS .|_GARDENS](https://www.bgss.ca/GARDENS) where you can choose the garden that you wish to see. You can also search by plant type or growing requirement.

We have so many wonderful visitors who visit the park and treat all respectfully. Unfortunately, there are still a small number who do not. Please consider the impact of your actions on others who use the park.

Our fruit grove and other fruit bearing trees have abundant production this year. These are planted to support our mission of demonstrating what type of plants can be grown in northwest Calgary. They are planted and maintained by volunteers for the purposes of introducing many visitors to these wonderful productive plants. Please do not come in and strip the plants of all their produce. Others who use the park will thank you for this.

We appreciate that the people of Silver Springs have supported our garden in the past. This year we are receiving many in kind donations. We hope you all will continue to support the gardens as an asset to the community of Silver Springs, the gardening community of Calgary and the larger community of citizens who appreciate the beauty of the gardens.



As you can see, there are multiple ways to support your garden. We appreciate that the people of Silver Springs have supported our garden in the past. This year we are receiving many in kind donations. We hope you all will continue to support the gardens as an asset to the community of Silver Springs, the gardening community of Calgary and the larger community of citizens who appreciate the beauty of the gardens. We welcome all to the garden to enjoy the natural and cultivated beauty. We hope you enjoy the garden as much as we do.



THE EDIBLE GARDENS OF SILVER SPRINGS

An Unexpected Garden Visitor

It's not just humans that are fans of garden-fresh vegetables! In late July, garden volunteer Coreen Kieser found a large buck had jumped the fence at the Edible Garden and was enjoying our produce. She kindly opened the gate to make his exit easier (and snapped the photos above). Kyle Hanna, a Silver Springs neighbor, also captured a wonderful photo of our visitor. Thank you for sharing it with us Kyle!



Harvest Tips and Tricks

See how to keep your tomatoes happy by harvesting them without injury? Watch this [video](#) to help you out! Not sure how to tell if your onions are ready to harvest? Watch this [video](#) to help you out! First time growing cabbage and not sure how to harvest? This [video](#) will show you the way.

My Favourite Tomato Harvest Recipe

Our household loves to have salsa on hand- and for the last 2 years I have been canning as many jars as I have the energy to do using this recipe from Mel's Kitchen Cafe. The Best Homemade Salsa {Fresh or For Canning} - Mel's Kitchen Cafe (melskitchencafe.com)

In my opinion, this is so delicious that it's worth the effort over store bought.

If it seems like too much and you aren't into canning, you can easily make a half recipe. For this year's salsa I bought a 20lb case of Roma tomatoes from Souto Farms at the Bearspaw Farmer's Market. The many market stands made it easy to get the onions, green peppers, jalapeños and garlic needed for the salsa. 20 lbs of tomatoes gave me enough for 1.5 times the recipe and I ended up with 14 pint (500ml) jars for later and 1 L in the fridge for eating right away.

If you are interested in canning but need more information, here are some links to get you started.

[Home canning safety - Canada.ca](#) or [National Center for Home Food Preservation](#)

[National Center for Home Food Preservation | How Do I? Can](#) (uga.edu)

[Bernardin Home Canning: Because You Can: Everything you need to preserve food in jars](#)



WINTERSPACE

A sun-powered, all-season space for residents to grow, gather and learn

A gathering place to bring people and nature together as one

A community refuge for recreation and learning, an anchor for the neighbourhood

WINTERSPACE NEEDS YOUR HELP

We are looking for VOLUNTEERS! If you would like to be a part of this dynamic and innovative group please fill out the form found on our website

winterspace@silverspringscommunity.ca

“Winterspace” already had been imagined a facility in Silver Springs that would blend indoor and outdoor environments together in an existing urban green space. One with warmth and welcoming all-season space for residents, integrating people and space as one, being a refuge for recreation and learning. We surveyed the community and what we heard was that there were actually three top ideas summarized to be themed around:

- 1) Food Security
- 2) Gathering Space for Community
- 3) Horticultural & Educational Purposes.

Visit us online at <https://silverspringscommunity.ca/silver-springs-winterspace>

SENIORS CORNER

Prepared by Director of Seniors Resources and
Engagement, Karen Kirnbauer

This has been an exciting summer, filled with lots of senior events.

On August 9 the Silver Springs Seniors Group hosted 28 "F.O.C.U.S. On Seniors" members from the NE to a tour of the Edible Garden, Lunch at the Community Centre and a tour of the Botanical Gardens of Silver Springs. It was a smashing success with many positive comments on the beauty of our community and gardens. Many thanks 🙌🙌🙌🙌 to our amazing volunteers for making this event happen.



In turn, Wednesday September 6, this seniors group will host 25 Silver Springs seniors to a tour of the Genesis Centre and lunch. We are so looking forward to seeing our new friends again and having them show us their complex. There are spaces available for those who would like to attend. We will be carpooling from the Community Centre.

The tentative plan for the day is as follows:

11:00 am - Arrival at Genesis Centre - 5075 Falconridge Blvd NE

Main entrance, Central Commons Area (Rotunda)

11:10 am – noon - Tour of the Genesis Centre (carry your own water bottles)

12:10 pm – Drive to 5175 Falconridge Blvd NE

Parking lot to the right (next to Domo Gas station)

12:15 pm - Walking Tour of South Asian ethnic shopping centre – (spices, clothing, fruits/vegetables, Jewellery, etc) -

1:00 pm - Lunch – A taste of Pakistani Cuisine

(Fahad Restaurant 5075 Falconridge Blvd NE, Calgary AB)

Please contact me at: karenk@silverpringscommunity.ca
if you would like to join us. This is a free event.

UPCOMING EVENTS AND INFORMATION SESSIONS

On Monday September 11 at 10:00 AM in the Community Centre Boardroom, there will be a seminar on Energy Efficient Future (see the advertisement in the Spirit). The seminar not only offers great information about energy efficiency in your home, but it also includes creating a plan on taking steps to make it happen. Enmax (who sponsors this program) has put together kits for all the attendees. The kits include several items to improve the energy and water efficiency in the home and best of all, it is all free of charge. Please register

online here @ <https://registrationsystem.strategicconsultinggroup.ca/silversprings/signup/seniors>


There will be a four part session on **“Dementia Prevention and the Benefits of Recreation Therapy”** starting Monday October 16 at 10:00 AM and running 4 consecutive Mondays. See the advertisement in the Spirit. Registration will open in early October.

November 27 at 10:00 AM in the boardroom there will be a talk on **“Effective Communication and Healthy Aging”**. See the advertisement in the Spirit. Registration will open in November.

E BIKE GROUP

July 26- 9 of us and one pooch biked the Glenmore Reservoir. It was glorious day. We stopped at Heritage Park for lunch and rewarded ourselves with ice cream at the Lakeview Dairy Queen. Even Scout had Ice Cream 🍦 !!! For our August bike ride we headed out from the Community Centre and went East through Varsity, across Crowchild Trail i to Dalhousie, North into Edgemont and East again into Nosehill Park. Another beautiful day of riding.


INFO SEMINAR SERIES
LET'S SHED LIGHT ON DEMENTIA
PRESENTED BY ACTIVE AGING SENIORS
10:00-11:00AM, MONDAY, OCT. 16,23,30,NOV. 6



UNDERSTANDING DEMENTIA
EXPLORING THE DIFFERENT TYPES OF DEMENTIA, EARLY WARNING SIGNS, AND RISK FACTORS.


DEMENTIA PREVENTION STRATEGIES
KNOW THE SIX KEY PILLARS OF A BRAIN HEALTHY LIFESTYLE AND HOW TO INCORPORATE IT INTO YOUR DAILY LIFE.





RECREATION THERAPY FOR DEMENTIA
INTRODUCING THE ROLE OF RECREATION THERAPY IN IMPROVING COGNITIVE FUNCTION, EMOTIONAL WELL-BEING, AND SOCIAL ENGAGEMENT FOR INDIVIDUALS WITH DEMENTIA.

PRACTICAL ACTIVITIES AND TIPS
DEMONSTRATING ENGAGING AND INTERACTIVE RECREATIONAL ACTIVITIES THAT CAN BE EASILY IMPLEMENTED BY CARE PARTNERS AND COMMUNITY MEMBERS.



UPCOMING SEPTEMBER BIKE RIDE

On Wednesday September 13, our group will be biking the Bow Valley Parkway. The highway will be closed to vehicular traffic making it a safe and beautiful 17 km ride from Banff to Johnson's Canyon (34 km round trip). If you are interested in joining us or for further information, please contact me at: karenk@silverspringscommunity.ca





WARD 1 REPORT FROM COUNCILLOR SONYA SHARP

Hello Ward 1! It's hard to believe summer is winding down already. While kids are back in school and Council is back in session, I hope we still have some warmer days ahead!

Calgary Transit service updates

Four times a year, Calgary Transit reviews services levels, schedules, and routes. This September, there are several changes affecting Ward 1 including Bowness and service to Bowness High School. Visit calgarytransit.com/serviceupdates for details.

Housing and Affordability Task Force

Later this month, the Community Development Committee will receive the recommendations of the Housing and Affordability Task Force, including a chance to hear public comments.

I still welcome your feedback on the proposed recommendations. You contact me and learn more at calgary.ca/ward1 and calgary.ca/housing.

Valley Ridge pathway

Unfortunately, early summer storms again washed out the multi-use pathway connecting Valley Ridge to Bowness Park. At the time of writing, the timeline for a repair remains unclear. My office is working with City Administration and the province to get this fixed as quickly as possible. Visit calgary.ca/pathwayclosures for a map of temporary pathway closures around the city.

9 PM routine

The Ward 1 Office and the Calgary Police Service remind Calgarians of the importance of maintaining safe and secure practices for your home and vehicle. Ward 1 residents are encouraged to follow the 9 PM routine by ensuring valuables are removed from vehicles, house and vehicle doors are closed and locked, garage doors are closed and locked, and an outside light is turned on.

Calgarians are encouraged to report all crimes at calgarypolice.ca or by calling 403-266-1234. Your reports help police identify trends and direct resources accordingly.

Traffic safety

Improving pedestrian and traffic safety in Ward 1 continues to be one of my top priorities. There have been several improvements made in Ward 1 over the summer, including in Crestmont and the ongoing pilot in Silver Springs.

Learn more about traffic safety efforts in Ward 1 by visiting calgary.ca/ward1



Crime statistics for Silver Springs



AN UPDATE FROM THE OFFICE OF PAT KELLY

This summer, it was my pleasure to present Certificates of Congratulation to new Canadian citizens. Welcome to Canada! I value my constitutional responsibility to represent you as a Member of the Opposition to the current government. Housing across Canada has become more and more unaffordable, and the problem continues to worsen. A Rent Report from Rentals.ca shows that rents continue to rise in nearly every major market across the country with no sign of letting up.

Rents are up 8.9% in the last year with an increase of 1.8% in just the last month. The average rent in Canada has double and is now \$2078 according to Rentals.ca. Since 2015, the average monthly mortgage payment has also increased 137%, while the minimum down payment for the average home has increased 126%, raising barriers for renters who want to achieve the dream of home ownership.

High interest rates, red tape and taxes have led to a decline in new housing construction despite unprecedented demand and record high prices.

The current approach to addressing the housing crisis is not working, but Conservative Members of Parliament have a plan. We will free up underused federal land and buildings for housing construction and work hard to remove the gatekeepers who give Canada one of the slowest permitting timelines in the world. We will address the inflation crisis which has led to high interest rates that make housing less affordable for buyers and difficult for builders to finance new construction.

Constituents are welcome to contact me with concerns related to federal policy. Feedback from constituents is critical and helps me know what constituents think about matters under federal jurisdiction. It remains my honour to represent you in the House of Commons as your Member of Parliament.



Changes to Green Cart Collection This Fall!

What You Need to Know

Starting in November, green cart collection will be once every other week, resuming weekly in the spring. Here's what you need to know:

- **Fill Your Green Cart First:** Leaves, branches, grass, and plants can go directly inside the green cart. If it's full, use paper yard waste bags for extra waste.
- **Extra Yard Waste Bags:** Place them at least 0.5 meters (2 feet) away from your cart. Roll the tops closed to prevent spills, and make sure you can lift the bag with one hand.
- **No Plastic Bags:** They are not allowed in your green cart.

Do You Have Too Much Yard Waste? You can drop off yard waste free of charge at any landfill from Friday, September 22, 2023, to Saturday, November 4, 2023. Check your schedule at calgary.ca/collection and sign up for reminders.

ST. SYLVESTER SCHOOL

As the hot summer sun continues to shine in Calgary, our kids are excited to head back for another school year. And now there is another reason to be excited...A New Playground at St Sylvester! Construction on the new playground at has been in full swing this summer and will be completed just before school starts in September. The St Sylvester Playground Committee has held several fundraisers over the past few years in support of this monumental effort. We are finally at the finish line with construction nearly complete and the time for fun and play will start shortly.

St Sylvester would like to thank Van Manna Homes for all their help with the playground. Van Manna Homes is a custom home builder local to Silver Springs that has family connections with St Sylvester School. When a chance to help with the construction of the new playground came about, Van Manna Homes was honored to be involved. Their team generously contributed construction materials, operating equipment and skilled construction labor to reconstruct the playground surface. This involved site preparation, concrete work and landscape rehabilitation. "We were thrilled to be able to support the new playground build with such a substantial commitment and we know the valuable difference our contribution made towards the new playground and to both the students at St. Sylvester School and the broader community of children residing in the Silver Springs neighborhood."



St. Sylvester will celebrate the grand opening of the new playground on September 7th at 6:30pm at St. Sylvester School! It will be a festive event with food trucks and much, much, more! Please join us to help celebrate this momentous occasion.

Other upcoming event include ongoing registration for our Kindergarten program. There is still room available for registration in the afternoon. Please contact the St Sylvester School if you have further questions at 403-500-2063.

We look forward to the new school year where we can learn, play and create memories. Enjoy the final weeks of your summer and we look forward to hearing about all your adventures. If you have any questions or concerns, please feel free to contact the school directly.