







# THE SILVER SPRINGS SPIRIT

*Silver Springs Community Association Official Newsletter*

 5720 Silver Ridge Drive NW, Calgary AB T3B 5E5  
 [administration@silverspringscommunity.ca](mailto:administration@silverspringscommunity.ca)  
 [silverspringscommunity.ca](http://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



OCTOBER 15 - TIM AND MARIA'S PUMPKIN PATCH, COMPLIMENTARY PUMPKIN

OCTOBER 16,23,30  
NOVEMBER 6 - DEMENTIA SERIES (SENIORS)

OCTOBER 27 - JELLYBEAN DANCE

NOVEMBER 1 - PUMPKIN WALK

NOVEMBER 3 - CALGARY PHILHARMONIC AT JACK SINGER CONCERT HALL (SENIORS)

# TABLE OF CONTENTS

3/4 Programs & Events

7 Activities & Groups

10 Edible Garden Group

13 Classifieds

15 Councillor Sharp

17 St. Sylvester School

5/6 Fall Fitness Classes

8/9 Botanical Gardens

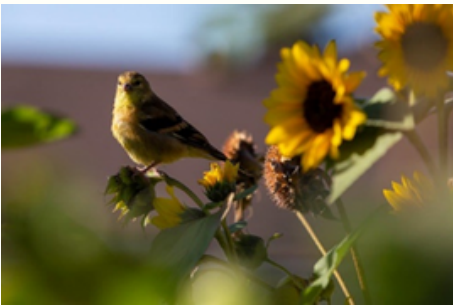
11-13 Seniors Corner

14 Winterspace

16 Office of Pat Kelly

18 Neighbourhood Streets

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



credit: Botanical Gardens 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

# PROGRAMS & EVENTS

## Let's Shed Light on Dementia

**Oct 16 (10:30-11:30-only this day)  
23,30 & Nov 6 10:00-11:00am**

at the SSCA 5720 Silver Ridge Drive  
\$5 for all four sessions or \$1 drop-in for a single session.

A four part session on Dementia Prevention and the Benefits of Recreation Therapy. Please see "Seniors Corner" below for more information on how to register.



## 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. Parent volunteers needed, limited opportunities for high school students.

## Pumpkin Walk - 5th Annual

**November 1st 5:30-8:30pm**

You worked hard on those jack-o-lanterns, so why not enjoy their glow for another evening – along with free family fun? All pumpkins can be dropped off at the south entrance of the Botanical Gardens between 4:30 - 5:30pm. The pumpkin walk will begin at the ball diamond by the south entrance of the Botanical Gardens at 5:30pm until 8:30pm. Prizes, treats and fun!

Volunteers are needed for this event, sign up :<https://volunteersignup.org/74CMX>

Are you interested in joining the pumpkin walk committee or volunteering? Email us at [events@SilverSpringsCommunity.ca](mailto:events@SilverSpringsCommunity.ca)



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 – 1 spot available
- 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](https://silverspringscommunity.ca/preschool)  
or email

[preschool@silverspringscommunity.ca](mailto:preschool@silverspringscommunity.ca)  
for further information.





# PROGRAMS & EVENTS



## West Valley Softball - Winter Training and Pitching Clinic, Registration

These sessions represent some of the best value in youth sports. They will be held Sundays on the turf at SLS Family Sports Centre in Cochrane from October 15 to December 17. Players will have fun, while increasing skill and confidence through fitness, batting, defense and game strategy. Cost is \$165 per player for 9 sessions. Register prior to October 10, 2023 for FREE West Valley training shirt.

Registration will use 2023 softball age divisions:

U9 & U11 (2016-2013): 8:00 a.m. – 9:30 a.m.

U13 (2012, 2011): 8:00 a.m. – 9:30 a.m.

U15 (2010, 2009): 9:45 a.m. – 11:15 a.m.

U17 & U19 (2008-2005): 11:30 a.m. – 1:00 p.m.



### Pitching Clinic

Our 7 week program will be held at Manachaban School in Cochrane starting Wednesday Oct 11 ending November 29.

New pitchers 6-7pm, Intermediate 7-8pm and Advanced pitchers 8-9pm. Cost is \$95 per participant and all pitchers must supply their own catcher for each session.

Registration and further details:

<https://www.westvalleysoftball.ca>



## DROP-IN PLAYTIME

**SILVER SPRINGS COMMUNITY CENTRE**  
**WEDNESDAY OCTOBER 18TH**  
**1030AM - 11:30AM**

MEET OTHER FAMILIES IN THE COMMUNITY!

Please join us at the Silver Springs Community Centre for drop-in playtime. Toys, books, and games will be available

Recommended ages 0-5 years. All Families welcome!

\$2 drop-in fee or free with Membership

Any Questions? Reach out to [Events@SilverSpringsCommunity.ca](mailto:Events@SilverSpringsCommunity.ca)



## SSCA ANNUAL PUMPKIN WALK

BRING YOUR PUMPKINS TO BE INCLUDED IN THE DISPLAY

# NOVEMBER 1ST

## 5:30PM - 8:30PM

Located at the baseball field south of the Botanical Gardens  
Treats, Prizes, and More!



### VOLUNTEERS NEEDED

SIGN UP: [HTTPS://VOLUNTEERSIGNUP.ORG/74CMX](https://volunteersignup.org/74cmx)  
MORE INFO: [HTTPS://SILVERSPRINGSCOMMUNITY.CA/EVENT/THE/](https://silverspringscommunity.ca/event/the/)

Questions? Reach out to [Events@SilverSpringsCommunity.ca](mailto:Events@SilverSpringsCommunity.ca)





# 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			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 (no class on Thanksgiving October 9 2023)

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

### Registered Classes:

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

*\*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



## ACTIVITIES & GROUPS



### **Silver Springs Friendly Bridge Group Wednesdays at the SSCA**

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](mailto:mj.pitt4@gmail.com)

### **Mah Jong Group Thursdays at the SSCA**

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](mailto:anndowli@telus.net)

## 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

### **Scenic Bow Valley District Girl Guides**

It's that time again for Mint Girl Guide cookies. If no Spark, Ember or Guide stops by your home and you would like cookies please contact our District Commissioner at: [calgaryscenicbowvalley@girlguides.ca](mailto:calgaryscenicbowvalley@girlguides.ca) and she can arrange for cookies to be delivered to you. Cookies are \$6 a box. We need of leaders for 285th Spark Unit that meets Tuesday 6-7pm and for the Ember Unit that meets Wednesdays 5:45-7:15pm in the downstairs hall at Silver Springs Community Center. Leaders are female aged 18+, no previous experience required as training is provided. For more information about working with any level of Guiding, please email our District Commissioner Cheryl Barns at: [any-calgaryscenicbowvalley@girlguides.ca](mailto:any-calgaryscenicbowvalley@girlguides.ca)



# THE BOTANICAL GARDENS OF SILVER SPRINGS



The summer weather with no frost held up throughout September but October brings the need to clean up the gardens and ready the plants for winter. Late blooming plants and the hardier ones will persist with blooms into October. We will be saving our geraniums from the front planters and overwintering them to restart next spring. Also, we will lift some of the roots for overwintering.

However, the park remains open daily with no charge. We are planning to decorate for Christmas and the winter wonderland again. October will bring some of the best leaf color. We have a large variety of trees which provide some unique and beautiful color and photo opportunities.



The park is open daily during daylight hours and there is no admission charge. The paths are mulched and paved depending on the area.

This year will bring another Pumpkin walk on November 1 hosted by the SSCA. Watch for details on the SSCA website.



The garden has continued to be busy with various events. We hosted 60 people from a senior's group in northeast Calgary. We participated with the LDS church in their September 9 emergency services event.

## New Addition in The Fruit Grove



**Little Garden Library  
stocked with books  
and magazines.**

*The Little Library will close for the season.  
We expect to open again in the spring.*

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](mailto:info@bgss.ca)



As well we hosted our own celebration of all those who contribute to the botanical gardens. We were fortunate to have Pat Kelly, our MP and Luann Metz, our MLA. As well we had Heather Gibbons from the City of Calgary and Jeremie Bourqui, Karen Bradshaw and Kay Wilford representing the Silver Springs Community Association. Our partner organizations were represented; the rose Society by Joan Altenhof, CRAGs by Margaret Fong and Ranald Gault, Calgary Hort, by Susan Moorman and the Master Gardener Association by Jen Hoglin. About half of our volunteers were there and a good representation of our donors and sponsors including our corporate sponsor Blue Grass Nurseries. Some people were at the gardens for the first time and were positively surprised by the beauty of the well-kept gardens.



We were able to recognize all the contributors and then had fun trying out our new data base which was introduced by Marilyn Turner. Prizes of fresh vegetables were given for the winning teams. The data base is accessible from our website, but also directly through the QR codes in the gardens. This site will be very useful to you over the next year as you plan your gardens. All the plants in the database are proven hardy in the Silver Springs area. [BGSS | GARDENS](#).



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. We also have many other visitors. This year the finches have very much enjoyed feasting on the sunflower seeds. The insects are plentiful on the flowers. And as always – the dogs enjoy the park.

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.





# THE EDIBLE GARDENS OF SILVER SPRINGS

## Welcome to the Edible Garden Beavers!

In September, two groups of Beavers visited the Edible Garden to learn more about composting. On Sept 18, seventeen Beavers braved the rain and cold. Despite being muddy and wet, they learned the hands-on basics of composting and planted seeds. On Sept 20, the weather was much improved, and twenty-six Beavers were hosted. Thanks to Kay and Linda for passing on your extensive knowledge of composting!

## How to Plant Garlic

Growing garlic is a rewarding endeavor that mostly involves waiting patiently. October is the time to plant your cloves. Make sure you get seed garlic for this, as grocery store garlic may be sprayed with chemicals to prevent sprouting.

The best varieties to plant in Alberta are "hardneck". They have a hard stalk at the center of the bulb and have thicker skin. They are better suited for our cold winters than softneck varieties.

Separate the bulb into individual cloves and leave the skin on. Choose the biggest cloves for planting, as these will produce the biggest bulbs. Plant each clove (pointed end up) 1-2 inches deep. Cloves should be 4-6 inches apart (about the width of your hand).

Mulch your garden bed with straw or leaves to help protect the garlic over winter. In the spring, when the garlic starts to sprout you can remove the mulch from the top of the plants.

For more information about planting garlic:

All About Garlic | How to Grow Garlic – West Coast Seeds or Planting Garlic Tutorial - The EASIEST Crop to Grow - YouTube



## Household Food Insecurity

Food insecurity is a serious issue in Canada, and in Alberta particularly. Many people in our province have difficulty accessing food because of loss or reduction of income, inadequate income, difficulty getting to the grocery store, or limited choice in the community. Household food insecurity means inadequate or unstable access to food because of financial constraints. This includes:

- Being worried about being able to afford a basic healthy diet
- Compromising the quality and type of food eaten
- Reducing the amount of food eaten

For more information and how you can help please the AHS [website](#).

## Household Food Insecurity in Alberta



## A symptom of not having enough MONEY for basic needs



## It MATTERS for individuals and communities





# SENIORS CORNER

Prepared by Director of Seniors Resources and  
Engagement, Karen Kirnbauer

September was an exciting time for our Seniors Group.

On September 6, 25 seniors from the NW toured the Genesis Centre, the Westwinds Jamatkhana & Centre and had a wonderful lunch at the Fahad restaurant. This was all hosted by the F.O.C.U.S on Seniors Group based out of the Genesis Centre. We learned so much about the many services offered at this amazing facility. The YMCA, Calgary Public Library, Immigrant Services, english language programs, trellis, the connection with the Nelson Mandela High School, just to name a few. It truly was a great day. I think we all learned a lot about multiculturalism. Many thanks to Rossbina and her team.



Judi Vandenbrink gave a great talk on Energy Efficiency, sponsored by Green Calgary, Enmax and Alberta Ecotrust. We learned how to make our home more efficient, were educated on how to understand our home energy and water use (by learning how to read our energy bill), how to take action to reduce our energy costs, tips on daily habits and home improvements and grants and loans to make those improvements. She also handed out kits to help in making our home more efficient. 23 attended. A big thanks to Judi!

On September 13, 19 cyclists (and our resident pooch, Scout), rode the Bow Valley Parkway from the Banff Visitors Information Kiosk. It was a beautiful day. Just the right temperature. We saw a couple of bears but did not need to use our bear spray. We arrived at Johnston Canyon and enjoyed lunch together. Some of us pushed on to Castle Junction (62 km round trip). Others headed back to Banff ( 50 km round trip). It was a great day!!





UPCOMING EVENTS IN OCTOBER AND NOVEMBER

There will be a four part session on “Dementia Prevention and the Benefits of Recreation Therapy” starting Monday October 16 from 10:30-11:30 AM and running 4 consecutive Mondays (the other 3 Mondays are 10-11 AM). See the Advertisement in the Spirit. Online Registration will open October 2. There will be a nominal fee of \$5.00 per household, for this 4 week session to cover refreshments or \$1.00 drop-in for each session attended (if you cannot make all 4). Please register [here](#).

Friday November 3 at 10:00 AM-12:30 PM at the Jack Singer Concert Hall, The Calgary Philharmonic is offering Senior Open Rehearsals. The November 3 session is “Classically Jazzed”. I have reserved space for 15 people to attend this event. Tickets are \$15.00 CASH at the door. I am thinking that we could meet at the Crowfoot LRT Station and take the train down together (safety in numbers 😊). It is a short walk (one small block) from the downtown LRT Station to the Jack Singer Concert Hall. Or for those who want to carpool, there is pickup and drop off right at the front door, on Stephen Avenue Mall.

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


If you have questions about our group and activities please contact me at: [karenk@silverspringscommunity.ca](mailto:karenk@silverspringscommunity.ca)

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.





Effective Communication and Healthy Aging

Join the conversation on..... to explore the power of mediation with older adults. Discover how you can empower yourself and improve your quality of life through effective, safe communication that is designed to preserve relationships.

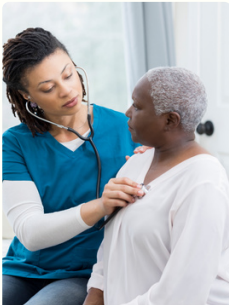
Learn about the mediation process, and the many benefits of supported planning and decision making; while addressing the critical issues of ageism and elder abuse. You will gain valuable guidance for approaching difficult conversations with empathy and understanding. See you there!



Financial and Estate Planning



Relationships



Healthcare and Caregiving





# Senior Open Rehearsals

□ The Calgary Philharmonic offers seniors a unique way to experience the Orchestra. Open Rehearsals take place Friday mornings for select performances. Tickets are only \$15 and bookings must be made in advance. Register soon as space is limited.

Friday 3 November 2023  
10AM

## Classically Jazzed

Matt Catingub, conductor  
Amy Schwartz-Moretti, violin  
Steve Moretti, percussion

calgaryphil.com  
403.571.0849

Open Rehearsals Sponsor



CALGARY  
PHILHARMONIC  
ORCHESTRA

Friday 15 September 2023  
10AM  
**Pictures at an Exhibition**  
Rune Bergmann, conductor  
Calgary Philharmonic Chorus

Friday 27 October 2023  
10AM  
**Roman Rabinovich  
in Concert**  
Rune Bergmann, conductor  
Roman Rabinovich, piano

Friday 3 November 2023  
10AM  
**Classically Jazzed**  
Matt Catingub, conductor  
Amy Schwartz-Moretti, violin  
Steve Moretti, percussion

Friday 19 January 2024  
10AM  
**Spectacular Spanish Guitar**  
Virginia Martínez, conductor  
Daniel Bolshoy, guitar

Friday 2 February 2024  
10AM  
**Montgomery + Mesa**  
Andrés González, conductor  
Thomas Mesa, cello

Friday 1 March 2024  
10AM  
**Beethoven's Seventh**  
Earl Lee, conductor  
Diana Cohen, violin

Friday 15 March 2024  
10AM  
**Philippe Quint  
premieres Wallen**  
Rune Bergmann, conductor  
Philippe Quint, violin

Friday 10 May 2024  
10AM  
**Brilliant Bassoon**  
Karen Kamensek, conductor  
Antoine St-Onge, bassoon

Repertoire, guest artists, dates, and times are subject to change. This is a working rehearsal and will be treated as a concert requiring appropriate audience etiquette.

For more information or to book your senior group please call 403.571.0849 or email [reception@calgaryphil.com](mailto:reception@calgaryphil.com).

## 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](mailto: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](mailto: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](mailto:butterflydayhome@hotmail.com)





## 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](mailto: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>



## WARD 1 REPORT FROM COUNCILLOR SONYA SHARP

Hello Ward 1! I'm wishing you and your families a happy Thanksgiving, and looking a little further ahead this month, a happy Halloween, too!

### Halloween Safety

A reminder to take extra care this Halloween whether you're out trick-or-treating, on our roads, or expecting trick-or-treaters at your home. The City of Calgary has important safety tips for everyone to have a safe and spooky Halloween at [calgary.ca/halloweensafety](https://calgary.ca/halloweensafety).

### Bowness Wading Pool Update

Construction is expected to begin this fall and continue throughout the winter to repair the wading pool in Bowness Park. The project should be completed in the spring and the pool is expected to resume normal operations for Summer 2024.

### Ward 1 Website

The Ward 1 Office has been working hard over the last several months adding additional content to the Ward 1 website. You can find information on how to report issues or share your feedback on various City topics, progress updates on ongoing issues and projects in Ward 1, and more information on important Council votes. Check it out at [calgary.ca/ward1](https://calgary.ca/ward1).

### 2023 Budget Adjustments

Next month, Council will debate adjustments to the municipal budget for the coming year. It's my priority to keep taxes as low as possible while ensuring you continue to have all of the services you rely on. I'm interested in hearing your feedback on what we need to prioritize most. Visit [calgary.ca/ward1](https://calgary.ca/ward1) to get in touch.

### Fair Entry

The City of Calgary offers assistance with a number of programs and services for individuals and families with lower incomes. The Fair Entry program allows eligible Calgarians to submit one application for all qualifying programs, including Transit passes, recreation fee assistance, senior services home maintenance, and more. Apply in-person, online at [calgary.ca/fairentry](https://calgary.ca/fairentry), or by calling 311.



### Crime statistics for Silver Springs





## AN UPDATE FROM THE OFFICE OF PAT KELLY

I enjoyed attending various Fall celebrations in Calgary. Thank you to all the volunteers who worked tirelessly to plan and carry out successful events to help build our communities.

Since Parliament has returned this Fall, I have worked diligently to represent you and ensure the government is being held to account. The federal government is responsible for the cost-of-living crisis, which continues to deepen. The federal carbon tax continues to make gas, home heating and food more expensive. As Winter approaches, it will force many Calgarians to make tough financial decisions.

Housing affordability has also become a crisis for many Calgarians. Home ownership is increasingly out of reach, mortgages payments are going up and rent is increasingly unaffordable. In response to this crisis, Conservative leader Pierre Poilievre recently tabled The Building Homes Not Bureaucracy Act that will require cities to increase the number of houses built by 15% each year, and then 15% on top of the previous target every single year. Federal transit funding provided to certain cities will not arrive until those stations are surrounded by high-density residential buildings. This bill would also require the Minister of Housing, Infrastructure and Communities to report on the inventory of federal buildings and land. He would need to identify land suitable for housing construction and to propose a plan to sell at least 15% of any federal buildings and all land that would be appropriate for housing. These properties would need be placed on the market within eighteen months.

I look forward to tackling these issues with common sense solutions during the fall sitting of the House of Commons.



### 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](https://calgary.ca/collection) and sign up for reminders.





Spill the Tea  
On  
St. Sylvester School  
October Edition-2023

Dearest Readers,

It's pumpkin spice season yet again and St. Sylvester Elementary School is preparing for Thanksgiving and Halloween celebrations. We will come together as a community In October to celebrate all of our staff at St Sylvester, enjoy a theatre workshop and host a Halloween dance at the school. October will be a great month!

Once a year we celebrate our entire staff at St Sylvester. On October 3rd, we celebrate Custodian Appreciation Day and thank all of our custodial staff. On October 4th, we celebrate Educational Assistants Appreciation Day in homage to all the Educational Assistants. Finally, on October 5th, we celebrate World Teacher Day and thank all of our teachers for all their hard work and dedication to our school and community. It is fitting that we celebrate all of our staff in October as we all give thanks to the lord for the bounty in our lives, in the forms of sustenance, friendship and love for one another.

Our school has the opportunity to work with Trickster Theatre Workshop this fall. Trickster is a theatre of professionals that come to the school and work with kids to put on a STEM (Science, Technology, Engineering and Math) production. Our students will be showcasing their performances that highlight the STEM theme. The show will be performed by the students on Friday October 13 at 1:45pm. This workshop residency involves the theatre team coming into our school for a week and facilitating staff and students in creating a unique and highly visual theatre. This week of workshops and rehearsals will culminate in a fun and high-energy production.

From October 10-13, Trickster will take over our school, and we need your help! Having parent volunteers in the school will help make this fun and challenging week an easier process for everyone involved. Parent involvement in the residency is the key to helping build a strong show and a stronger school community. There are many different positions and tasks that we need parent volunteers!

St Sylvester will celebrate Halloween with a school dance on October 26th. This is a very popular event at the school with students, parents and staff sharing friendship, dancing and music.

For a limited time, St Sylvester is selling their school apparel. There are t-shirts, hoodies and sweat-pants available for purchase. Colors and sizes are limited so please contact Mme Laura at St Sylvester to place an order.

Our school is a community school built with caring families such as yours. We hope that you will take this time to inquire about our fabulous French immersion elementary school for your child. Many of our staff at St Sylvester would be happy to talk about what St. Sylvester means to them. St. Sylvester is.... the heart of Silver Springs.

That's a wrap for October. Please stay tuned for the up-and-coming events in November for St Sylvester School.

**ST. SYLVESTER SCHOOL**  
7318 Silver Springs Blvd NW, Calgary, AB T3B 4N1  
Tel: 403-500-2063  
[stsylvester.cssd.ab.ca](http://stsylvester.cssd.ab.ca)





## Neighbourhood Streets - Silver Springs

Update from the  
City of Calgary



[calgary.ca/SilverSpringsStreets](https://calgary.ca/SilverSpringsStreets)

Construction on the wheeling lane extension on Silver Springs Blvd. NW has been completed. The City of Calgary ran a campaign to capture the attention of wheeling lane users to ensure that they are aware of how to properly (and safely) use the facilities. Wheeling lane users need to be aware of the bylaws when using wheeling lanes in Silver Springs and the rules specific to the one-way directional wheeling lanes.

Specifically the campaign focused on:

- Ensuring wheeling lane users are riding in the same direction as traffic.
- Informing them that, like vehicles, wheeling lane users are required to yield to pedestrians.
- When turning left at an intersection, wheeling lane users must merge in with vehicle traffic and yield to oncoming vehicles.

The campaign consisted of lawn signs, placed adjacent to the wheeling lanes on Silver Springs Blvd. N.W, as well as targeted social media posts, and ran in the month of September.



## Silver Ridge Dr. & Silver Springs Rd Speed Limit Changes (40km/h)



Also in September, two speed limit changes were implemented. Areas impacted were Silver Ridge DR NW (between Silver Springs Blvd. and Silver Springs Blvd.), and on Silver Springs Road NW (between Silver Springs Blvd. and Nose Hill Dr.). The speed limit at these two corridors were reduced from 50 km/hr. to 40 km/hr. to further enhance pedestrian, vehicle, and wheeling user safety in the community.

For more information on wheeling lanes, and specifically the one-way cycle tracks in Silver Springs, please visit [calgary.ca/WheelingLanes](https://calgary.ca/WheelingLanes).

For more information on the Silver Springs Neighbourhood Streets project, please visit the project webpage at [calgary.ca/SilverSpringsStreets](https://calgary.ca/SilverSpringsStreets).

For any questions or concerns, please email the project team  
[neighbourhoodstreets@Calgary.ca](mailto:neighbourhoodstreets@Calgary.ca)

If you would like to reach out to an SSQA Board Member, please email  
[Safety@SilverSpringsCommunity.ca](mailto:Safety@SilverSpringsCommunity.ca)