



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



Happy Easter

The SSCA office will be closed
Good Friday March 29th

We will be open Easter Monday
Regular business hours

**MARCH 4 - SPRING FITNESS
REGISTRATION OPENS**

**MARCH 15 - SILVER SPRINGS
SOCCER REGISTRATION
DEADLINE**

**MARCH 11 - SENIORS GROUP
UKULELE AFTERNOON 1:30 PM**

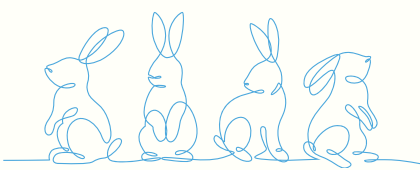
**MARCH 27 - GARDEN SPEAKER
SERIES #1 SEED STARTING 101
7:30 PM TO 8:30 PM**

**MAY 4 - BOW WEST ART SHOW
10:00 AM TO 3:00 PM**

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



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	darren@silverspringscommunity.ca
Director-at-Large	marny@silverspringscommunity.ca
Policies & Procedures	lily@silverspringscommunity.ca
Events & Communications	erika@silverspringscommunity.ca
Youth Engagement	monique@silverspringscommunity.ca
Director-at-Large	margaret@silverspringscommunity.ca

PROGRAMS & EVENTS

Silver Springs Community Soccer *Previously known as NorWest Soccer*

Silver Springs Soccer is a community run soccer organization for children living in Silver Springs and Scenic Acres. The deadline to join is March 15 - don't wait to register.

Age Group	Year of Birth	Practice Day	Price	Game time
U4	2020/2021	M/W	\$75	6:15 – 7pm
U6	2018/2019	M/W	\$75	6:15 – 7pm
U8 Girls	2016/2017	T/TH	\$75	6:15 – 7:10pm
U8 Boys	2016/2017	T/TH	\$75	6:15 – 7:10pm
U10/U12 Girls	2012/2013/2014/2015	M/W	\$105	6:15 – 7:15pm
U10/U12 Boys	2012/2013/2014/2015	T/TH	\$105	6:15 – 7:15pm
House League	2011/2010/2009/2008	M/W	\$75	6 – 7pm



West Valley Softball Outdoor Season

Registration is open for the upcoming 2024 season. West Valley is the designated softball program for children in your community wishing to play softball. The softball season runs late April to mid- July. West Valley happily accepts JumpStart and KidSport funding. Visit our website for registration!

Timbits U7 (2017, 2018, 2019): \$120 T/Th
U9 (2015, 2016): \$200 | M/W
U11 (2013, 2014): \$300 | T/Th
U13 (2011, 2012) \$325 | M/W
U15 (2009, 2010) \$350 | T/Th
U17 & U19 (2005-2008): \$350 | M/W

JOIN THE PLANNING COMMITTEE

Hello SUMMER + SSCA's 50th Birthday

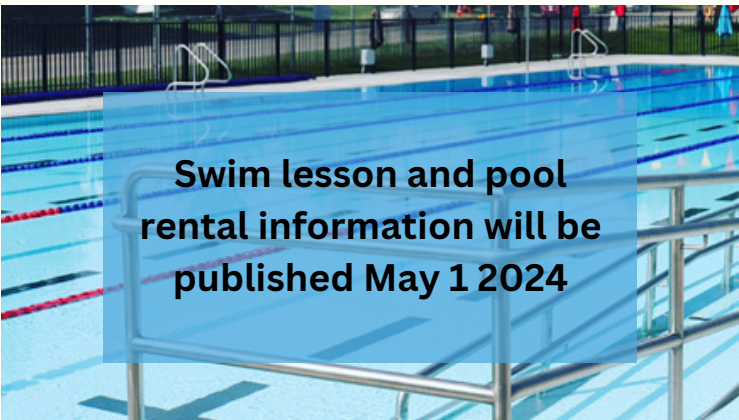
Email us! events@silverspringscommunity.ca

We are looking for equally enthusiastic residents to join our planning committee! Every year in June we host over 1000 residents at our Hello Summer BBQ. This year is extra special as the SSCA will also be turning 50! Do you love events? Do you have some great ideas for entertainment and activities? Email us at events@silverspringscommunity.ca OR [sign up here!](#)



Ukulele Afternoon - Seniors Group (50ish +) March 11 at 1:30 PM

Join us in the SSCA board room on March 11 at 1:30PM for an afternoon ukulele lesson. Honolua Ukuleles will provide the ukulele and all the tools to teach the group how to play. We are asking that people come dressed Hawaiian, break out your coconut bras, grass skirts or Hawaiian shirts! Registration is \$35 per person, register [online here](#).



Swim lesson and pool rental information will be published May 1 2024

PROGRAMS & EVENTS

Dance Foundations - Spring Mini Session!
Spring session starts May 7/8/9 to June 18/19/20

Registration for Spring starts March 15!

30 min class:
\$65 Members
\$75 nonMembers

45 min class:
\$75 Members
\$85 nonMembers

Tuesday 4:30-5:15	Pre-dance (Ages 3-5)
Tuesday 5:30-6:00	Dance Variety (Ages 6+)
Wednesday 4:30-5:15	Cheer Dance (Ages 6+)
Wednesday 5:15-5:45	Pre-ballet (Ages 3-5)
Wednesday 6:00-6:45	Dance Variety (Ages 10+)
Thursday 4:30-5:15	Choreography & Creation (Ages 10+)
Thursday 5:15-6:00	Beginner Ballet (Ages 6+)
Thursday 6:00-6:45	Contemporary (Ages 10+)

Contemporary: Takes fundamentals of other styles and gives the participant plenty of freedom in movement expression. Incorporates improvisation tasks and creative thinking.

Dance Variety : Explores a variety of styles of dance including jazz, ballet, hip hop, lyrical, and contemporary. A great way to try a bit of everything!

Cheer Dance: Combines elements of dance and acrobatics with cheerleading. Focuses on teamwork for stunts and showmanship.

Choreography & Creation: Learn to create original choreography and to collaborate with others.

HELP US CROSS THE FINISH LINE

SSCA BUILDING EXPANSION

- Change Area: Accessible heated room to change in and out of skates
- Washrooms: Accessible universal public washrooms, available year round
- Garage: Storage and workshop for our volunteer rink maintenance crew
- Storage Area: To maintain SSCA program materials
- Multi Purpose Room: Space for additional programs

GET INVOLVED TODAY!

☎ 403-288-2616
✉ administration@silverspringscommunity.ca
🌐 www.silverspringscommunity.ca



FIND OUT MORE





	Monday	Tuesday	Wednesday	Thursday	Friday
9:15-10:15am	Strength and Core*	Proactive Adult*	Proactive Adult*	Proactive Adult*	
10:30-11:30am			Fusion Fitness		Relaxation 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 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

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

Registered Classes:

Seniors Yoga: April 23 to June 18 / 9 classes / \$90

Line Dance: April 11 to June 20 / 11 classes / \$110

Relaxation Yoga: March 8 to April 26 / 8 classes / \$80 (no class March 29)

Fusion Fitness: March 6 to May 1 / 8 classes / \$80 (no class March 20)

Fusion Fitness: May 8 to June 19 / 7 classes / \$70

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

Registration will start on March 4 2024 at 9:00 AM for all spring classes



SPRING 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

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.

Relaxation 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

**ALL OF OUR
FITNESS CLASSES
ARE SCENT FREE**





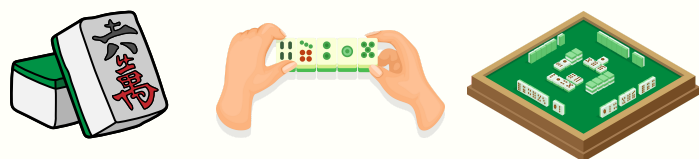
ACTIVITIES & GROUPS



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. 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. This group is nearing capacity. Please call SSCA office at 403-288-2616 if you are interested in attending.



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

Scenic Bow Valley District Girl Guides

It's that time again for Classic Girl Guide cookies. They will be arriving on Saturday, March 2nd. Watch for Sparks, Embers or Guides in the neighbourhood. If you know a girl member or a Guider you can place your order now with them and when cookies are received they can be delivered to you. Cookies are \$6.00 a box, 1 case holds 12 boxes which costs \$72.00. Monies from cookie sales help Units purchase crafts, program supplies and helps keep cost of camps, sleepovers and other Guiding events reasonable for all girls to participate in.

We need of leaders for 285th Spark Unit that meets Tuesdays 6-7 pm and 285th Ember Unit that meets Wednesdays 5:45-7:15 pm in the downstairs hall at Silver Springs Community Center.

If interested, apply online through the National Girl Guide website: www.girlguides.ca.

For more information a please email Cheryl Barns at: anycalgaryscenicbowvalley@girlguides.ca

Pickleball

Join us at the community center on Tuesdays and Fridays 1-3pm. Drop-in fee is \$5. All skill levels welcome! We do request that you preregister online in the morning of the event, opening at 9 am the same day you would like to drop in. We will be limiting the drop in participants to 14 per session.



Registration for the 2024/2025 school year is open!

2024/2025 Registration Status

- 3 Year Morning: Full, Waitlist
- 3 Year Afternoon: Space Available
- 4 Year Morning: Full, Waitlist
- 4 Year Afternoon: Space Available
- 4 Year All Day: Full, Waitlist

To learn more about our preschool take a virtual tour: silverspringscommunity.ca/preschool or call 403-288-2616 for further information.

Don't miss your chance to enroll your little one! Spaces fill up quickly.

Summer Camps

COMING TO THE
SILVER SPRINGS
COMMUNITY CENTER
THIS SUMMER



BIKE LESSONS FOR KIDS!



Fun, engaging, and skill enhancing programs for kids ages 2-12.

Young riders joining our summer camps will:

DEVELOP A LIFE SKILL

We're known to take bikers from training wheels, down to two wheels, and progress to road riding.

LEARN AND GET ACTIVE

Qualified instructors incorporate learning tools and equipment such as bike ramps and obstacle courses.

EXPLORE CONVENIENT SCHEDULES

Day camp hours run from 9am-4pm, Monday to Friday, with the option for AM, PM, or all day attendance. We also offer before and after care.

LEARN MORE ABOUT OUR SUMMER CAMPS
RUNNING JUNE-AUGUST 2024



LEARN MORE

New Silver Valley Playground

SPRING 2024



• Natural Design

• Zipline

• Swings

• Gathering Space

Coming
SOON



Scan me

Questions? | Comments? | Want to Donate?
www.silvervalleypark.com



Silver Springs Community Association



TLC
REAL ESTATE
TLCagents.ca

SPONSORED BY:

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PARADE OF
**GARAGE
SALES**

MAY 25/2024

<https://bit.ly/SSCAgaragesaleTLC>



Silver Springs
Community Association

MORE INFO 403.870.9916
TeamLeesmanCARES@c21.ca

The Calgary Outdoor Swimming Pools Association (COSPA) is a non-profit organization that operates the City of Calgary's eight public outdoor pools. COSPA's mission is to operate sustainable, safe and welcoming public outdoor pools and swimming programs for all Calgarians so that more individuals and families will enjoy fitness and leisure activities at our pools.

Call for Board Members:
Calgary Outdoor Swimming Pools Association

COSPA

The COSPA Board of Directors is currently recruiting new directors and committee members who have energy to help the organization grow and strive to meet our vision of providing outdoor pools that all Calgarians support and are proud of. In particular we seek directors with work experience and interest in communications and marketing, governance and legal issues.

While most board meetings are conducted online, some in-person work is also required. We are looking for a five to 10 hour a month commitment. Interested parties should apply with a cover letter outlining previous volunteer experience and two references emailed to administration@calgaryoutdoorpools.ca.



Rezoning for housing

The SSCA would like to bring to your attention the City of Calgary's Proposal for City-Wide Rezoning*

A public hearing date has been set for April 22, 2024. This is when City of Calgary Administration will present a recommended approach to city-wide rezoning to Council. The public may attend the public hearing in person or submit written input. Learn more about participating in public hearings at <https://www.calgary.ca/council/meetings/public-hearing.html?redirect=/publichearing>.

Details Related to the City-Wide Rezoning

- The majority of properties in Silver Springs are zoned R-C1 allowing one house on one residential lot (plus an option for a secondary suite) and a relatively small number of R-C2 lots allowing two houses on one lot (plus an option for secondary suites).
- The rezoning proposal would change the base zoning from R-C1 and R-C2 to R-CG allowing for single detached, semi-detached, row houses and townhouses. Most standard lots could have up to a four units townhouse and each townhouse unit may also contain a secondary suite. This means that on a standard lot there could be a total of eight units.
- Existing R-CG parking requirements are 0.5 stalls/unit and 0.5 stalls/suite. Parking requirements for suites will be removed with the new proposed rezoning.
- R-CG zoning has two other major changes: lot coverage and height
- Lot coverage - An R-C1 house can cover a maximum of 45% of the lot whereas R-CG row house or townhouse units can cover up to 60% of the lot.
- Height - An R-C1 house can be either 8.6 meters height (contextual development permit) or maximum 10 meters high (discretionary development permit). A rezoned R-CG can be 11 meters high, an additional 3+ feet in height.
- R-CG rezoning would apply to every R-C1 and R-C2 (duplex) property in Calgary.
- Development permit applications will still be required.
- The date for the Public Hearing is April 22, 2024.
- Council will vote on this rezoning proposal.

	R-C1	R-C2	R-CG
Type of Building	Single Detached	Single DetachedSemi-Detached	Single DetachedSemi-DetachedTownhouseRowhouseTriplexFourplex
Secondary Suites?	Yes	Yes	Yes
Max Units	2(main+secondary suite)	2(main+secondary suite)	8(4 main + 4 secondary)
Max Height	8.6m – 10.0m	8.6m – 10.0m	11.0m
Front Setback	Contextual minus 1.5m	Contextual minus 1.5m	Contextual minus 1.5m or 3.0m whichever is greater
Side Setback	1.2m	1.2m	1.2m
Rear Setback	7.5m	7.5m	1.2m
Lot Coverage	45%	45%	60%
Max Density	30 units per hectare (uph)	30 units per hectare (uph)	75uph
Parking	1-2 per unit	1-2 per unit	0.5 per unit

Links for additional information:

- Rezoning for Housing (calgary.ca): <https://www.calgary.ca/planning/projects/rezoning-for-housing.html>
- Calgary Land Use Bylaw for Additional R-CG Rules: <https://www.calgary.ca/planning/land-use.html>

Comments, questions or concerns can be directed to your SSCA - Director of Community Development darren@silverspringscommunity.ca.

Ward 1 has scheduled a Rezoning Townhall for March 11th, 5:30 to 7:00 p.m. at Varsity Community Association (Vienna Room). This is a drop-in style event, and all are welcome to discuss the rezoning proposals with the councillor. To register for the event, visit eventbrite.ca/ward1townhall.

***Please note that the City has not contacted the SSCA directly**



Rezoning Townhall

March 11th, 2024

🕒 5:30 PM – 7 PM

📍 Varsity Community Association: Vienna Room

Join Councillor Sharp and the Ward 1 team to discuss the proposed citywide rezoning changes that will be presented to Council for Public Hearing on April 22nd, 2024.

Register today and get all your questions and concerns addressed!

Email eward1@calgary.ca for more details





Rezoning for housing

Learn more about the proposed rezoning changes by attending an online or in-person information session hosted by the City of Calgary.

In-person Sessions | All are welcome to drop in to an in-person session:

- ***NEW*** March 11, 5:00 to 8:00 PM, Radisson Hotel & Conference Centre Calgary Airport (6620 36th Street NE)
- ***NEW*** March 13, 5:00 to 8:00 PM, Carriage House Hotel & Conference Centre (9030 Macleod Trail S)
- ***NEW*** March 16, 11:00 AM to 2:00 PM, Ranchlands Community Association (7713 Ranchview Drive NW)

Provide Your Input to the Project Team and to City Council!

Deadline March 17, 2024

For details please visit our [website](#).

Make sure to share your feedback with the City of Calgary project team. Here you can discuss any concerns, issues, or feedback. Provide your input [here](#).

Submissions will be reviewed by the City of Calgary project team, and a What We Heard Report summarizing input will be submitted to Council for their consideration at the Public Hearing of Council on April 22, 2024

Online feedback will be accepted through March 17, 2024. You can also write directly to City Council using the public submission form: <https://forms.calgary.ca/content/forms/af/public/public/public-submission-to-city-clerks.html>

HAYLEY'S RINK OUTDOOR ICE NEWS

An arctic vortex sporting temperatures below -30C, drove all outdoor enthusiasts to seek the comfort of indoor activities, began to fade by January 15th allowing our volunteer rink maintenance crews to remove snow and restore the four rinks to prime winter skating conditions.

Taking advantage of the ideal skating conditions in mid-January, the St. Sylvester Elementary School hosted a 3 day skate-a-thon at the Silver Springs Community Rinks. Similar to their skate-a-thons in the previous 3 years, students from kindergarten to Grade 6 marched from their school to the rinks in organized groups to enjoy outdoor fun on the rinks with their friends and classmates. With skills sets from beginner to accomplished skaters, students set individual goals to accomplish during their daily 45-minute sessions over the three-day event and helped each other learn and/or improve their skating ability. Teachers and parent volunteers along with the students thoroughly enjoy these skate-a-thons which create lasting memories for all these young skaters! A shout out goes to all involved who made this year's skate-a-thon such a success!

The rinks once again flourished through to late January when skaters enjoyed what was to be a +40C swing in temperature from the just a few weeks earlier. However, with prudent ice maintenance practices and a solidly frozen base from the weeks of extreme cold, the ice surfaces survived several days of +10C highs almost through to the end of the month.

Double digit high temperatures the first week in February turned the rinks to slush for several days giving some young skaters concern that this was an early end to this year's outdoor skating season. However, seasonal norm temperatures returned on February 6th and with daily floods and maintenance, all the rinks were restored to prime winter skating conditions by Valentines Day!



St. Sylvester's Skate-A-Thon

*We ♥ our
Volunteers*

Silver Springs prides itself in maintaining some of the best outdoor skating facilities in the city thanks to seven teams of 4 to 6 volunteers of all ages who sweep and flood the rinks daily throughout the winter. If interested in partaking in this rewarding volunteer ice making experience, please contact Jeremy Gukert at 403-805-2570.

THE BOTANICAL GARDENS OF SILVER SPRINGS

The volunteers for the garden have been very busy over the winter planning for the wonderful work of 2024. The photo above shows the new garden from 2023 and also the door into our garden. This south entrance highlights the range of plants that can be successfully grown. This will be its second year and we expect the plants to grow and fill in to become a glorious garden. Come and watch it fulfill the expectations.

Work this year will revolve around each of our 20 plus gardens. The lead gardeners have each made plans to maintain and in some cases enhance the beauty of their gardens. As you walk the garden take notice of their efforts and have a conversation. They know lots about gardening.

This year we will re open our little library. We are hoping to have this library as a resource to the gardening community. Last year our large stock of books was taken out of the library and not returned. Clearly there is huge interest in gardening books. We are looking for more books to restock the library.

Our librarian will check weekly to ensure that it is well kept. Please consider helping us to maintain this resource for the community. There are many ways to do this:

- Donate your unused gardening books and magazines. The Silver Springs Community Center will hold them for us, or let us know at info@bgss.ca and we will pick them up
- Return already borrowed books to maintain the lending library.

We are particularly interested in gardening books for children if you happen to have any.



Again this year we are partnering with the Edible Garden Group to produce the spring lecture series. We are happy to see that many of the experts invited to present are people from our own Botanical Gardens of Silver springs group. Come out and see the high level of expertise that the Botanical Gardens has in their group of volunteers!

We apologize to one of our garden sponsors who was inadvertently missed in the recognition of garden sponsors. Special thanks to Tony Davies for sponsoring our entrance planters.

Also please consider volunteering in the garden. We need those who love to get their hands dirty but also those who support our gardeners to play in the dirt. Please let us know if you are interested by replying to info@bgss.ca. Currently we are looking for someone with financial skills to become our treasurer. As well we would love to have someone skilled in IT to manage our website and new volunteer software.

Thank you to all of the community who come to enjoy and protect our gardens. Already this year we have had some theft of our garden art. We appreciate all those who walk the garden and help us to keep it safe. Thank you for all your support whether as a volunteer, sponsor, donor or park user. We all make our botanical garden the community gathering space that it has become.

Classifieds - Support Local

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

"Anna Liza's Dayhome" is fun, active, nurturing, loving, and a safe dayhome in Silver Springs. Lots of indoor and outdoor activities. Provides school drop off and pick up. For more information email me at mosang_18@yahoo.com or call/text me at 403-861-8727.

Melissa Hoang - Barber/Hairstylist:

10 years experience. Will make your hair the most beautiful it can be! New location special: 19.99 men/women haircuts. Located at Hair Cru Salon, 29 Crowfoot Rise NW. For more information, please text 587-888-1388.

Cleaning Services: Experienced and reliable with an eye for detail. Quality cleaning materials and police information check provided. Please call or text: Nancy at 587-284-4398.

John with Proper Carpentry & Handyman Services:

I help homes & businesses with renovations, basement developments, windows & doors, finish carpentry & flooring, drywall & tiling, decks, fences & general maintenance. Fully licensed & insured. Call/Text 403-613-8385.

Email: john@propercarpentry.ca

Website: www.propercarpentry.ca

Mountain View Tree Care. We're a small, fully insured tree service company located in Silver Springs. We specialize in tree removals, pruning, emergency tree work, and stump grinding all at affordable prices. Give me a call or email for a free quote: brock@mvtreecare.ca mvtreecare.ca 403 478 8361

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



CALGARY
POLICE
SERVICE

RECOGNIZING A SCAM

A JOINT MESSAGE FROM YOUR BANK & THE CALGARY POLICE SERVICE

THE CANADA REVENUE AGENCY WILL NEVER:



- Demand immediate payment by Interac e-transfer, bitcoin, prepaid credit cards or gift cards from retailers such as iTunes, Amazon, or others
- Use aggressive language, threaten to arrest you or send the police
- Leave voicemails that are threatening or ask for personal or financial information



THE POLICE WILL NEVER:

- Call you demanding payment of funds for a person who has been arrested
- Send a person to your door to collect funds



MARKETPLACE & KIJJI:

- Beware of 'buyers' who send you more money for an item and in return ask that you send funds back to a shipping company or via e-transfer

Remember, if you are not comfortable with any transaction you are completing, please speak to the staff at your financial institution. If you feel like you have been a victim of a scam, please report it to the CPS non-emergency number at 403-266-1234.

We are here to help you and protect your money.



HELP PREVENT WARM-UP THEFTS

- Use a remote starter or stay with your vehicle as it warms up
- Never leave your keys inside your vehicle
- Don't leave a running vehicle unattended
- Never leave children or pets inside a vehicle
- Use a steering wheel lock
- Keep your vehicle locked at all times
- Remove garage door openers from your vehicle



#OPERATIONCOLDSTART



THE EDIBLE GARDENS OF SILVER SPRINGS

The Growing Connection' Speaker Series

The first presentation of the season will take place on Wednesday March 27th at 7:30pm in the SSCA Community Centre Board Room. Pre-registration is required through the SSCA [website here](#). The cost of the session is \$15, or \$50 if registering for the entire season (four sessions).

Seed Starting 101 by Jennifer Hoglin (Gooseberry Gardens)



Jennifer Hoglin, B.Sc.

Gooseberry Gardens

Calgary, Alberta

www.gooseberrygardenscanada.ca

Although it is still too cold outside to start digging in the dirt, now is the perfect time to get some seeds started indoors. This talk will cover everything seed starting so that we are ready to transfer those baby plants outdoors (once it has warmed up, of course). We will look at:

- why we need to start some of our seeds early,
- what equipment you need (and don't need),
- when each plant needs to be started, and
- a step by step illustration of the process.

Satisfy that gardening itch by getting a head start on your summer garden now!

Garden Planning

March is a wonderful time to start thinking about your garden for the upcoming season. If you took notes last year, review them now to refresh your memory about what worked well and what you would do differently. If you didn't, it's never too late to start a garden journal!

Find your seeds from last year and check them. Make a list of ones you are running low on. Consider which plants you like best, and which ones have been most successful for you. I also like to use this as an opportunity to reflect on if there are any plants that haven't worked well for me that I will "give up on" this year. I set those seeds aside and share them with other gardeners who might have better luck or conditions for them. It's important to consider our hardiness zone and first and last frost dates when planning for which plants to grow, and when to grow them.

One helpful resource is the planting charts developed by [West Coast Seeds](#) but there are many more online.



'The Growing Connection'

Presents the 'Grass Roots'

Garden Speaker Series 2024

March 27 2024

'Seed Starting 101'

Presenter: Jennifer Hoglin

*** In the Edible Garden
Weather Permitting**

April 17 2024

***'Creating a Drought Resistant
Garden'***

Presenter: Jennifer Hoglin

May 15 2024

'DIY Garden Box Watering System'

Presenter: Carol Patterson

June 19 2024

***'Sustaining Your Garden During the
Hot, Dry Summer Months'***

**Presenters: A Panel of Experts
Bring Your
Questions**

All presentations will be held in the Board Room In the Silver Springs Community Centre unless otherwise indicated. *

Talks start at 7:30 pm/ \$15 per presentation OR \$50 if registering for all 4 talks at the same time

Pre-registration SSCA online:

**<https://registrationsystem.strategicconsultinggroup.ca/silversprings/signup/EGG>
or call 403 288-2616**

BONUS PRESENTATION

September 18 2024

'Preserving & Canning'

Presenter: Laura Potrie

Cost: \$15 / Register as above

POP UP

PRESENTATIONS

**Informal mini talks in the
Edible or Botanical Gardens***

**On an 'as need' basis
No fee to attend**



**Sponsored by the Edible Garden,
the Botanical Gardens
and the Seniors' Groups of Silver Springs**



SENIORS CORNER

Prepared by Director of Seniors Resources and
Engagement, Karen Kirnbauer

A speaker series on the Companion Program-Living with Advanced Illness was held Wednesday Feb.28. This is a Calgary hospice family-centered and community based program to help improve the quality of life for those impacted by any advanced illness. Wendy Kerr, the Living with Advanced Illness Program Coordinator and Ruth Kohut, Director of Hospice Calgary, presented the 3 services that Hospice Calgary offers.

1. Rosedale Hospice - a 7 bed hospice providing end-of-life care to adults with cancer as an alternative to hospitalization or dying at home. Their interprofessional health care team cares for patients and their family members in a supportive environment that focuses on quality time with family and friends.
2. Children's Grief Center - for children 19 yrs of age and under that need support and counseling for the loss of a loved one.
3. Living with Advanced Illness- a service that matches individuals and families with volunteers to provide a connection with people, resources and services in their community to maintain a good quality of life. They offer weekly visits with the goal to reduce stress and feelings of isolation in individuals and caregivers and their families during advanced illness. The main focus is on companionship and practical support. Some examples of advanced illnesses would be Parkinson's Disease, Dementia, ALS, MS, Cancer, Heart Disease, Advanced Kidney Disease, COPD.

I attended a play in late January that was presented by the Seniors Acting Lab Society (SALS) called Old Mule. It was about a senior that gets entangled in an internet scam.

After the play, there was a Q & A session with 4 experts regarding fraud prevention. Representatives from the Alberta Securities Commission, the Better Business Bureau, Calgary Police Service and Calgary Seniors Resource Society gave advice on how to stay safe. They would be willing to come to our community and speak about how to protect yourself from being scammed. There was a request for this at the AGM. I wanted to float the idea of an evening session for all community residents, not just seniors.



The **Ukulele Afternoon** will be held Monday March 11 at 1:30 PM in the boardroom. This will be limited to 20-25 people. The cost will be \$35.00. Registration will open on March 1st at 9am online [here](#). It is put on by Honolua Ukuleles, a Calgary-based company that was founded in 2017. They supply the ukuleles and all the tools to teach the group how to play. I am asking that people come dressed Hawaiian. There will be Hawaiian decorations and Hawaiian refreshments. I think it will be fun!!!!



Senior Open Rehearsal - the next Philharmonic Open Rehearsal that I am organizing is Friday March 15 at 10:00 AM at the Jack Singer Concert Hall. It will be Philippe Quint on violin accompanied by the Calgary Philharmonic, conducted by Rune Bergmann. Again, the price will be \$15.00 cash and we will carpool from the SSCA parking lot at 9:00 for those interested in carpooling.



AN UPDATE FROM THE OFFICE OF PAT KELLY

Parliament resumed on January 29th, and I have been busy in Ottawa holding the Liberal government to account for its actions.

Canadians are struggling with rising mortgage payments and rent, as well as the increasing cost of home heating, gas, and food, yet the Liberal government will increase the Carbon Tax on April 1st. Excessive government spending, borrowing and taxes lead to inflation. I will continue opposing the wasteful spending, deficits and higher taxes that drive up the cost of living.

I am a member of the Standing Committee on National Defence, and regularly question Canada's Senior Military Officers, bureaucrats, industry experts, academics, and the Minister of Defence. The Committee heard that there is a crisis of recruitment and retention in the Canadian Armed Forces (CAF). There are 16,000 personnel vacancies and 10,000 personnel are undertrained and unfit for deployment.

In response to an "Order Paper Question" from my office, the Liberal government confirmed that it typically takes more than six months just to process a recruitment application, and members are leaving the CAF faster than they are joining. We also received testimony that virtually every category of heavy equipment, including ships, aircraft, tanks, satellites, and missile defence systems urgently need to be replaced, and that ammunition supplies are critically low and not being replaced.

In January of this year, I hosted a public Open House at my Constituency Office. Thank you everyone who took the time to attend and share your concerns with me. Feedback from Calgarians is very important to me and informs the work I do on your behalf in Ottawa. If you would like to share your thoughts with me on national issues, please feel welcome to contact me through my Calgary office.

It remains an honour and privilege to represent you at the House of Commons as your Member of Parliament.



DR. LUANNE METZ, MLA CALGARY-VARSITY CONSTITUENCY UPDATE

Budget 2024

We began sitting for the Spring 2024 Session of the Legislature on February 28, 2024, and the government introduced the 2024 Alberta budget.

As Official Opposition Health Critic, I will be taking a lead role in scrutinizing the health budget. To prepare for this, I'm consulting with healthcare experts, frontline workers across the province, and everyday Albertans trying to access healthcare. In this budget, I will be looking for a long-term, evidence-based plan that makes the most effective use of money to recruit and retain health care workers, and to improve access and quality of care.

We cannot effectively increase spaces to care with people without enough staff. **We must immediately focus on retention of our workforce. We cannot let the system crumble further.**

Town Halls

On February 24th, I hosted a "Your Pension Is Yours" town hall, to give constituents such as yourself a chance to share your thoughts on changes to the CPP. It remains clear that the vast majority of Albertans just do not want Alberta to leave the CPP, nor do they want politicians having control over their hard-earned retirement money.

On Thursday March 21st, I will be hosting a Health Care Town Hall in Parkdale, with an open house from 2:00-4:00PM, and a town hall at 6:00PM. With government health care reforms looming, and the system crumbling, there needs to be a serious refocus of the reforms to support frontline workers. I want to hear from the health care workers, the people who have been affected by this crisis, and you. If you are interested in attending, you can find more information at linktr.ee/mlametz, or email my constituency office at Calgary.Varsity@assembly.ab.ca

If you are interested in reading more in-depth about issues affecting Albertans, and what I am doing to represent you, please sign up for my digital newsletter at linktr.ee/mlametz



WARD 1 REPORT FROM COUNCILLOR SONYA SHARP

Hello Ward 1! Here's the latest news affecting your city and your community:

Drought conditions

Last summer was dry, and it has been another dry winter for the most part. In order to protect our ecosystems and drinking water supply, The City may once again need to put water restrictions in place this spring. Taking steps year-round to reduce water consumption can help reduce the impact of drought and reduce the need for restrictions. Learn more at calgary.ca/droughtresilience.

Blanket rezoning

On April 22, Council will hold a public hearing on changing the zoning of single-family properties across the city to the "R-CG" district. This would allow the construction of townhouses or duplexes on most residential properties in Calgary without an individual hearing before Council.

I'll be hosting an information session specifically for Ward 1 residents on March 11 to answer your questions and gather your feedback. You can register for this event and find more information at calgary.ca/ward1.

For more information on the proposed rezoning, including whether your property is affected, visit calgary.ca/rezoningforhousing.

Property assessment

A reminder that The City's Customer Review Period for property tax assessment ends on March 11. This is also the deadline for filing an appeal with the Assessment Review Board. Questions or concerns? Contact Assessment directly at 403-268-2888 or visit calgary.ca/assessment.

River Valleys Project

The Government of Alberta recently released new draft flood hazard maps for the Bow and Elbow Rivers. These maps are used by The City to inform how land is used in areas that could be affected by flooding. The City will be updating its policies related to flooding and land use later this year. While these policies affect all Calgarians, they are especially important residents of low-lying areas like Bowness in Ward 1. Learn more at calgary.ca/rivervalleys.



Spill the Tea
On
St. Sylvester School
March Edition-2024

Dearest Readers,

February has come and gone in a flash. Our students have taken the month of February to celebrate Black History Month by doing so it focused their learning about the contributions of Canadians of African Heritage. Cupid's arrow has pointed its way to St. Sylvester School on the 13th, where the children purchased candy-grams and wrote kind messages on them for their friends. Coinciding with Valentines' Day Celebrations is Shrove Tuesday Pancake breakfast. February 14th was Ash Wednesday, and the students attended a special mass in our community St. Peter's Catholic Church as it marks the start of the Lenten season.

Family Day Long Weekend February 19th was a great break for our students and staff with their families to spend time with their families and this holiday emphasized the importance of family values.

On February 28th, we proudly wore pink to recognize Pink Shirt Day. The day aims to create a kinder and more inclusive world by raising awareness of bullying prevention and promoting healthy relationships. St. Sylvester staff and students were encouraged to wear pink.

St. Sylvester Elementary School is extremely thrilled to share with you that we are open for 2024-25 enrollment! For all those families with excited wee ones, Kindergarten registration is open! [Register - St. Sylvester School \(cssd.ab.ca\)](https://www.cssd.ab.ca/stsylvester).

St. Sylvester offers Kindergarten AM, PM, and Grades 1-6 programs. Childcare may be needed for your family and Childs Play Canada is a licensed childcare provider located within our school. They offer before and after school supervised care and provide a program specifically designed for kindergarteners. Although the St. Sylvester kindergarten program is half days, you can take advantage of afternoon or morning care for your child. Our kind, knowledgeable and dedicated teachers and staff have created an environment that is fun and friendly to encourage learning for all. Experience the welcoming atmosphere of St Sylvester School! We invite you to visit us on location to learn more about our community and culture.

As a bonus, kindergarteners will have access to free bus transportation. Having available childcare within the school gives parents peace of mind. Parents can send their child to school in the morning or afternoon and will have reciprocating childcare all in the same building. Please contact St. Sylvester for further details. [Transportation - St. Sylvester School \(cssd.ab.ca\)](https://www.cssd.ab.ca/stsylvester).

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.

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

