



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



Registration Now Open

- * SSCA Membership *
- * Fitness Classes *
- * Dance Foundations *

[Click Here](#)

Renew your Silver Springs Community Association Membership!

September 1, 2024 - August 31, 2025

Purchasing your membership supports the Silver Springs Community Association in all that we do to make Silver Springs one of the most sought after communities. You can renew your membership online, in person or on the phone.

Membership fees contribute to maintaining our amenities such as the outdoor rinks, community centre, pool, edible gardens, pump track, etc. Funds are also used to Provide events and programs throughout the year!

Family Membership: \$25

Associate Family Membership: \$35

Senior Membership: \$10

**WILLIAMS WATSON LODGE
REGISTRATION OPENS SEPT 15TH**

**SILVER VALLEY PLAYGROUND
GRAND OPENING
SAT SEPT 14TH 11AM - 1PM**

**GROWING CONNECTIONS
GARDEN SPEAKER SERIES
SEPT 18TH 7:30PM**

**SENIORS GROUP - CALGARY
PHILHARMONIC SEPT 27TH**

**EDIBLE GARDEN FALL CLEAN UP
SAT SEPT 28TH 10AM - 12PM**

**JELLYBEAN DANCE
FRI OCT 25TH 6:30PM - 8:30PM**

**MARIA & TIM'S PUMPKIN PATCH
OCT 26TH 10AM - 12PM**

TABLE OF CONTENTS

3	Pool	4	Community Safety
5	Programs	7	Dance
8	Fall Fitness	11	Classifieds & Preschool
11	Volunteer	15	Botanical Gardens
17	Edible Gardens	18	Active Seniors Corner
20	Councillor Sonya Sharp	21	MP Pat Kelly
22	MLA Luanne Metz		

*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	Open
Youth Engagement	monique@silverspringscommunity.ca
Director-at-Large	margaret@silverspringscommunity.ca
Communications	Open

SILVER SPRINGS OUTDOOR POOL

Summer
2024

recap

DID YOU KNOW THAT IT TAKES OVER ONE MILLION LITRES OF WATER TO FILL THE POOL?

The Silver Springs Outdoor Pool had a fantastic season. As always, we are thankful to the amazing staff at the pool for making this a successful summer. Many of our instructors and guards have been with us for multiple seasons.

Our pool season had a late start because of the water restrictions and unfortunately we had to cancel 5 weeks of programming. This was a devastating hit to our already short season. Through June and July we were forced to cancel hundreds of swim lessons and reservations at the pool.

Summer officially started for us on July 11th 2024 and we were so happy to offer families and neighbours a place to cool off during the 30+ degree weather.

It was a short but fantastic summer and we would like to extend a huge thank you to everyone who supported the pool. We hope you enjoyed the summer as much as we did and we can't wait to welcome you all back again next year. The last day to swim is September 2 2024.



COMMUNITY SAFETY



Emergency
Medical
Services



Back to school safety

Alberta Health Services EMS would like to remind parents and students of safety tips as the school year begins again this fall. Pedestrians and motorists both have a key role to play – road safety is a shared responsibility.

Motorists

- Distracted driving carries a \$300 fine and three demerit points in Alberta. Avoid the use of mobile devices or engaging in any other behavior that diverts your attention away from driving;
- Give right-of-way to pedestrians who have activated overhead crossing lights, or who are waiting to cross from a street corner;
- Other than parked cars, it is illegal to pass another vehicle in a school or playground zone during posted hours.

Around school buses

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

Pedestrians

- Cross only at marked crosswalks, or street corners that have clear visibility from all directions;
- Make eye contact with all drivers before crossing the street, and keep distractions to a minimum;
- When activating overhead crossing lights, pause before stepping off the curb to ensure motorists in both directions have come to a complete stop;
- Stay within the crosswalk lines;
- Obey pedestrian lights at intersections. Cross the street only when you see the 'walk' sign and only when all vehicles have come to a complete stop;
- If you are with young children or pets, hold your child's hand firmly and keep a solid grip on leashes when crossing;
- Remember: children learn by observing. By demonstrating safe crossing habits, you can reduce the chances of your child being involved in a preventable auto/pedestrian collision.

www.albertahealthservices.ca

PROGRAMS & EVENTS

William Watson Lodge

October 7 2024

Members \$15.00 / Non-members \$ 20.00

Join our Active Seniors group on a coach trip to William Watson Lodge. Registration will open September 15 online. The group will meet at the SSCA on October 7, 2024 at 8:10 AM. The bus leaves from the community center at 8:30 AM & returns at 4:30 PM. Lunch will be provided. Activities include hiking, leisurely walks, games in the lodge (if it rains), photograph on the deck.

Silver Springs Friendly Bridge Group **Wednesdays at the SSCA - returns** **September 11! 1-4pm**

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 - returns September 12! **Thursdays at the SSCA**

Mah Jong – Join us at the community center for this fun game every Thursday 1-4pm. \$2.00 per person per afternoon attended. A Silver Springs Community membership is required. Please contact Anne for more information at: anndowli@telus.net

Jellybean Dance

October 25 2024 | 6:30 - 8:30pm

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. These dances depend on volunteers, please consider volunteering if you can.

Speaker Presentation - 'The Growing Connection' Preserving & Canning" with: **Laura Potrie**

September 18 2024

Cost: \$ 15

Register online at:

www.silverspringscommunity.ca



Sponsored by the Edible Garden Group, The Botanical Gardens of Silver Springs and the Seniors' Group of Silver Springs. There is one final speaker presentation planned for September. The topic for this event will be canning and preserving.

CHRISTMAS CRAFT MARKET

10 AM to 3 PM

Saturday November 16 2024

Silver Springs Community Association

Vendor application available on our website.

PROGRAMS & EVENTS



FREE EVENT

**SATURDAY SEPT. 14
11:00AM TO 1:00PM**

**JOIN US FOR OUR
SILVER VALLEY
PARK PLAYGROUND
GRAND OPENING PARTY**

- ZIPLINE
- NEW SWINGS
- PLAY HUT
- NEW SEATING
- NATURAL PLAY

204 SILVER VALLEY DRIVE NW

**FUN FOR THE WHOLE FAMILY
HOT DOGS • TREATS • LAWN GAMES**

LET'S BREAK IN THE NEW PLAYGROUND! ALL ARE WELCOME!

The poster features a bright blue background with a sun icon in the top left corner. It includes several circular images showing children playing on the new playground equipment. A list of activities is provided on the right side. The bottom of the poster has a green grassy area with a tree and a butterfly.

Silver Valley Playground

GRAND OPENING

September 14 2024

11am - 1pm

Bring the whole family to the Silver Valley Playground at 204 Silver Valley Drive NW. There will be hot dogs, treats, lawn games and of course a chance to check out the new playground. This is a free event, open to all.



COMING SOON

**MARIA & TIM'S 3RD ANNUAL
PUMPKIN PATCH**

**SILVER SPRINGS
COMMUNITY CENTER**

**SATURDAY OCTOBER
26TH
10AM TO 2PM**

The poster has a grey background with a decorative border of pumpkins, ghosts, and candy corn. It features an illustration of a haunted house with a full moon and bats in the bottom left corner. The text is in bold, orange and black fonts.



**SSCA ANNUAL
PUMPKIN WALK**

**November 1st
5:30pm - 8:00pm**

Volunteers Needed

administration@silverspringscommunity.ca

The poster has a dark blue background with a yellow moon and a bat in the top left corner. It features four glowing jack-o'-lanterns in the middle. The text is in bold, yellow and white fonts. The bottom section has a yellow background.

PROGRAMS & EVENTS

Bowmont Park Community Event

GUIDED WALKS, LIGHT REFRESHMENT, PRIZES AND MORE!
HOSTED BY THE SSCA AND THE CITY OF CALGARY



**SATURDAY
SEPTEMBER 21, 2024
10AM - 3PM**

STOP BY OUR KIOSK TO LEARN MORE ABOUT THE NATURAL ENVIRONMENT
AND BEST PRACTICES WHILE ENJOYING THIS SPECIAL SPACE.



EVENT LOCATED AT THE
ENTRANCE TO BOWMONT PARK
AT 54TH AVENUE AND SILVER
SPRINGS BOULEVARD NW

Guided Walks

Please meet at the SSCA Kiosk. No sign up needed.
First come, first serve

11am - 12pm
1pm - 2pm

Buy your
2024/2025 SSCA
Membership to
save on
registration fees!

DANCE FOUNDATIONS

Registration Now Open!
dancefoundations@silverspringscommunity.ca



Fall Session: Sept 10/11/12

Dec 10/11/12 (14 weeks)

30 min class: \$125 Members/ \$140 nonMembers

45 min class: \$150 Members/ \$165 nonMembers

60 min class: \$175 Members/ \$190 nonMembers



Schedule

Tuesday

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

5:00-5:45 Lyrical / Contemporary (8+)

5:45-6:30pm Acro/Cheer (6-8)

Wednesday

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

5:15-5:45 Pre-Ballet (3-5)

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

4:30-5:15 Jazz (6+)

5:15-6:00 Dance Variety (8+)

6:00-6:45 Musical Theatre (6+)

Thursday

4:30-5:15 Hip Hop (6+)

5:15-6:15 Acro / Cheer (8+)

5:15-5:45 Pre-Hip Hop (6+)

6:00-6:45 Hip Hop Freestyle (6+)

6:30-7:15 Dance Variety (18+)

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.

Acro/Cheer - Fusion of dance and gymnastics incorporating cheer techniques. Based on teamwork and flexibility.

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

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

Dance Variety - Learn to create original choreography and to collaborate with others.

Dance Variety (18+) Dance Foundations Plus - Whether you are new to dance, an experienced dancer, or a past dancer looking to get back into dance, this 18+ class is a safe space for all adults (no matter the level or experience), to join a stress-free, low-cost community dance class. In this class, a variety of styles can be explored including styles like ballet, jazz, hip hop, contemporary, improv and heels. The styles you wish to work on will be discussed with the instructor during the first class, and the curriculum will be adjusted accordingly, making this a tailored and personable class for all participants.



FALL FITNESS CLASSES



	Monday	Tuesday	Wednesday	Thursday
9:15-10:15am	Strength and Core*	Proactive Adult*	Proactive Adult* (9am start)	Proactive Adult*
10:30-11:30am				
11:15-12:15pm		Seniors Yoga		
12:45-1:45pm				Improver Line Dance
1:45-2:45pm				High Beginner Line Dance
3-4pm				Beginner Line Dance

*Proactive Adult and Strength and Core are drop in only. All other classes are registered.

Price List

Drop In Classes (returns September 3 2024, no classes on statutory holidays)

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

Registered Classes (registration open online):

Seniors Yoga: September 10 to December 10 / 14 classes / \$140

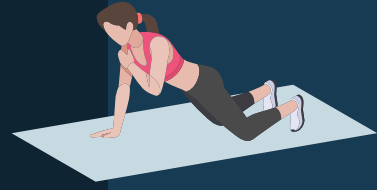
Line Dance: September 12 to December 12 / 13 classes / \$130 *no class November 14

**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!

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. If this class is full but there is space due to absence, we will allow drop-in's at a rate of \$12. SCENT FREE CLASS
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 and are ready for more of a challenge. There will be more turns and new step combinations to master. You are ready for this class when you are able to easily remember the basic dance steps that were introduced in the beginner class. You are also 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.

Sassy Zucchini Recipe - submitted by EGG co-chair Kay Wilford

- 1 lb ground beef
- 1 cup chopped onion
- 1 can tomatoes
- 1 envelope spaghetti sauce mix (such as this one from Club House)
- 1 cup uncooked rice
- 1 1/2 lbs of zucchini cut in 1-inch strips (~4 cups)

Cook beef and onion in skillet until the beef is brown. Stir in canned tomatoes, sauce mix, 3/4 cups of water and 1 tsp of salt. Bring to boil and then stir in rice and zucchini. Cover and reduce heat. Simmer for 15 - 20 minutes, stirring occasionally, or until zucchini is tender.



[Zucchini-Chocolate Chip Muffins Recipe \(allrecipes.com\)](#)

[Zucchini quesadillas - smitten kitchen](#)

[Lemony zucchini goat cheese pizza - smitten kitchen](#)

If you have other beloved zucchini recipes to share with the community, email suggestions to silverspringsgarden@gmail.com and we will include them in the next newsletter.

Classifieds - Support Local

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

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

"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.

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 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

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

Silver Springs Preschool 2024/2025 Registration Status



3 Year Morning: Full, Waitlist
3 Year Afternoon: Full, Waitlist
4 Year Morning: 1 Space Available
4 Year Afternoon: Full, Waitlist
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.

GET INVOLVED!

*We ♥ our
Volunteers*



Silver Springs
Community Association

JOIN OUR BOARD

Board of Directors

We currently have two positions available on the SSCA Board of Directors! We are looking for great candidates with a passion for our community. No experience required, training is available for the right candidates.

Director of Events

Do you have a passion for community events? Do you have great ideas and would like to help us take SSCA events to the next level?

Director of Communications

Do you have a passion for communications and great ideas for the SSCA? Would you like to be involved in developing the new SSCA Communication Strategy for community members?

If you are interested in finding out more about our board, what we do at the SSCA, and available positions, please reach out: administration@silverspringscommunity.ca



SSCA Board of Directors

We are always looking for great candidates to join our Board of Directors in the next annual cycle in 2025.

What we look for: Community members who love Silver Springs and want to be involved in an amazing organization.

What you get: To partner with other community members who share the common goal of making Silver Springs a great place to live. Gain valuable skills and experience, make a difference in your community.

If you are interested in finding out more about our board, what we do at the SSCA, upcoming positions available, and our nomination process for 2025, contact: administration@silverspringscommunity.ca

CURRENT SSCA OPPORTUNITIES



Botanical Gardens of Silver Springs

Volunteers are always needed and welcome - and you do not have to have a green thumb or special skills. All that is required is the willingness to be part of a project dedicated to making our world a little greener and more beautiful.

<https://bgss.ca/>



Edible Gardens of Silver Springs

Any interested gardener who wishes to have a voice in the operation of the garden is welcome to participate. This group meets on a 'as needed' basis, as well as communicating regularly by email. Garden members volunteer to be part of the Head Gardener Group and fill necessary roles such as chairperson, secretary, treasurer, communications, box steward, and newsletter editor, all communicating with the Silver Springs Community Association.

<https://silverspringscommunity.ca/community/edible-garden>



Drop-In Playtime

This program will run approximately twice per month in the fall, winter, and spring of 2024/2025. We are looking for individuals to help us run this program (setting up and taking down toys and play material) beginning September 2024. We are also looking for donations of children's books in good, used condition. events@silverspringscommunity.ca

Winterspace

Opportunities to join the dynamic and innovative Winterspace Committee. Please complete the survey here:

<https://silverspringscommunity.ca/silver-springs.../>

Pumptrack Committee

Are you pumped about how great the Silver Springs Pump Track is, and want to make it even better? Consider joining the Pump Track committee! Have your say in future events and initiatives. Reach out to:

pumptrack@silverspringscommunity.ca

o New Events o
o Playground Updates o
o Community Initiatives & Projets o
o Additional Programs o



Did you know that many SSCA events were started by a community member who had a great idea? Did you know that a group of Community Members took the initiative to have the Silver Valley playground updated? If you have an idea or project for the community that you would like to champion, please reach out!

administration@silverspringscommunity.ca

CURRENT SSCA OPPORTUNITIES



**November 1st
5:30pm - 8:00pm**

VOLUNTEERS NEEDED

Silver Springs Pumpkin Walk

Support this great event! Sign up to participate in the planning committee or sign up to help out on the Nov 1st.

We are looking for a new Lead Organizer this year. Full details and training provided. If you love the pumpkin walk, consider volunteering so that we can continue to have this amazing event in our community!

[administration@silverspringscommunity.ca/](mailto:administration@silverspringscommunity.ca)



Newsletter Delivery

Drop off the SSCA Quarterly Newsletter to your neighbours and get some fresh air and exercise at the same time! Short routes available! Reach out for additional information.

events@silverspringscommunity.ca



Events & Communications Committee

We are looking to build a committee that would support the SSCA board of directors with various marketing, communications, and community events. No special skills required, as we will provide training and onboarding for interested individuals. If you are interested and would like additional information, please reach out to:

events@silverspringscommunity.ca



Community Centre Building Expansion

Seeking individuals to support the building expansion of the SSCA community Centre. Grant or fundraising experience in the non profit sector would be an asset!

administration@silverspringscommunity.ca

THE BOTANICAL GARDENS OF SILVER SPRINGS



September brings another water restriction period for us in the garden. We are learning a lot about conserving water and maintaining a beautiful garden. Water cubes (5) will be situated around the gardens from August 26 until the repairs are completed. They are strategically located to be as convenient as possible for the gardeners. Our vehicles will be ferrying the filled water containers around to the various gardens. And returning the empties. Please be aware of this activity which is essential to the maintenance of the gardens.

THE BOTANICAL GARDENS OF SILVER SPRINGS TREE SPONSORSHIP PROGRAM

What is a sponsorship tree?

We have a catalog of trees selected for our Tree Sponsorship Program. The trees offered in this program have been established and monitored for at least three years and have proven to withstand our climate. We offer several species to choose from.

How do I choose a tree?

The Sponsorship trees are located throughout the Botanical Gardens. We will help you choose a tree by arranging a walk about through an area of the park in which you are interested. Once you have chosen a site and tree, we proceed with sponsorship payment and plaque order.

How long will the sponsorship process take?

We strive to accommodate our sponsors' requests in a timely manner. Sponsorship requests are taken on a continuous basis. We order the plaques twice a year, June 30 and October 15. Before the plaque order is placed you will receive a 'proof' via email for approval. Upon receipt of your approval the order is placed and will take approximately 2 weeks to receive and place it on your chosen tree. BGSS will be in sole care of the tree. Plaques are be monitored for signs of wear and will be replaced at no cost.

How much does it cost to sponsor a tree?

Your donation of \$750.00 will secure a tree for the natural life of the tree. If within 5 years of sponsorship the tree dies you will be offered a replacement.

Are Tree Sponsorships tax deductible?

Yes, tax receipts are issued in January of each year.

PLEASE WRITE TO INFO@BGSS.CA IF YOU ARE INTERESTED IN SPONSORING A TREE.



Volunteers are out in the garden and you can meet them most days. We have started gardening in earnest and require all hands available. With the added complexity of hauling water we need lots of hands. . We hope you will all consider volunteering in the garden. Anyone interested is requested to identify yourself by sending an email to info@bgss.ca We are working out the bugs from our new software, 'Better Impact". This year our prime focus by necessity has been the water issues. We have had a short series of tours in the garden which have all been very successful. However, due to the volume of work to maintain the garden during a stage 4 water restriction, we are not having any more educational sessions. We are however in partnership with the Edible Gardens co-sponsoring an event in September on canning.



Sometimes a different view of the garden can give you a new outlook. Here are two photos of our iconic areas, the swirl and the labyrinth.

We have been working hard on a new logo for the park. This logo will be announced at an invitation only event in the park during September. We are quite excited about it. Watch this space for the broader announcement in October. Our website is also undergoing renewal and we expect to be completed with phase one this fall. The gardens remain beautiful despite the difficult year. Please come and enjoy them. Winter will come too fast.



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.



THE EDIBLE GARDENS OF SILVER SPRINGS



Fall Clean Up - Save the date!
Saturday September 28th
10:00 am to 12:00pm
Volunteers Needed
Many hands make light work!

Silver Springs

New Installation: Sponsor and Donor sign

We are so pleased to announce the beautiful new sponsor & donor sign has been installed at the front entrance of the Edible Garden. This collaborative project is very unique and absolutely stunning! A huge thank you to Larry McDougall for the construction work and Karen Bradshaw for the design and stonework. Next time you are in the neighborhood, come check out this incredible addition to our garden!

Produce Sharing

New this summer: community produce sharing. Garden box renters will be sharing any extra produce that they can't make use of with members of the community. A red insulated co-op bag for this purpose is by the picnic table inside the fenced perimeter of the garden. Thank you to the generous anonymous citizen initiated this idea earlier in the summer!

ProjectWater Restrictions

As of August 26, 2024, The City of Calgary will be in stage 4 water restrictions once again. These restrictions are expected to be in place for approximately 1 month. During this time, no water service will be available at the garden. We have prepared for the water restrictions by making sure that we have deep watered all our trees and shrubs. EGG will be observing the water restrictions by hand watering with water from the rain barrels and the blue tubs that will be set out to collect water, or with grey water collected at gardeners' homes.



Speaker Presentation - 'The Growing Connection' 'Preserving & Canning' with: Laura Potrie

September 18, 2024

Cost: \$ 15 - Register online: www.silverspringscommunity.ca

Sponsored by the Edible Garden Group, The Botanical Gardens of Silver Springs and the Seniors' Group of Silver Springs. There is one final speaker presentation planned for September. The topic for this event will be canning and preserving.



ACTIVE SENIORS CORNER 55+

Prepared by Director of Seniors Resources and Engagement,
Karen Kirnbauer, karenk@silverspringscommunity.ca

On August 8th, 26 of us went out for lunch at the ATCO Blue Flames Kitchen. We had a lovely lunch, enjoyed their incredible indoor and outdoor facilities, engaged in lively conversation and met new people. If you have never been there, it is truly a hidden gem. Fresh, tasty soups, salads, sandwiches and pastries at very reasonable prices.

We also had a private rental for the group at the Silver Springs Outdoor Pool. The sun came out right at 10:15! This was followed by a pizza party over by the pump track. As you can see from the pictures we had a great time!

On August 21, a group of us bikers started at the community center and rode to Spolumbo's for lunch, then stopped at Angels in Edworthy park for coffee and hot chocolate. Only a slight sprinkle of rain, that certainly didn't dampen our spirits.



UPCOMING EVENTS

September 18- Stage West "Death Trap" is SOLD OUT. Thanks to those who have signed up. Further details and carpooling will be sent out soon to those who have registered.

September 27 - Calgary Philharmonic - Seniors Open Rehearsal- Beethoven's Emperor. This is the first of six of the 2024-2025 season. Please contact me at : karenk@silverspringscommunity.ca by September 23, if you would like to attend and I will add you to the list. The cost is \$15.00 CASH, plus a parking contribution for passengers. Carpooling will be organized.

October 7- Coach trip to William Watson Lodge. Registration will open September 15. This was a great event in June (as you can see by the poster picture). Some were disappointed they could not attend and some were excited to do it again, so this is your big chance!!!! The fall colors will give it a different perspective. Hope to see you on the bus!

ACTIVE SENIORS CORNER 55+

Prepared by Director of Seniors Resources and Engagement,
Karen Kirnbauer, karenk@silverspringscommunity.ca



Get Involved!

If you have any ideas for future events and/or would like join our subcommittee to help organize please contact: karenk@silverspringscommunity.ca

If you would like to join the seniors group and receive reminders on upcoming events, again, contact Karen K and she will gladly add you to the group list.

Silver Springs Seniors Group Activity
Come make memories with us... join us at William Watson Lodge



- Members \$15.00 / Non-members \$ 20.00
- Registration opens September 15
- Meet at SS community center on October 7, 2024 - at 8:10 AM .
- Bus leaves from the community center at 8:30 AM & returns at 4:30 PM.
- Lunch will be provided
- Activities - hiking, leisurely walks, games in the lodge (if it rains), photograph on the deck.
- Questions? contact karenk@silverspringscommunity.ca





WARD 1 REPORT FROM COUNCILLOR SONYA SHARP

As we settle into the back-to-school routine and as Council resumes session, I hope that we all had a great summer with our friends and family and that the warm weather continues well into the fall, allowing us to enjoy the outdoors a little longer!

Calgary Transit Service Updates

Starting September 2, 2024, Calgary Transit will introduce changes to improve transit services in Ward 1, specifically in the communities of Tuscany, Silver Springs, and Rockland Park. The changes include the renaming and realignment of Route 134 to Rockland Park, the introduction of a new Route 26 connecting Tuscany Station to Westbrook Station, and the conversion of routes 74 and 174 to community shuttle buses during peak hours. Additionally, an on-demand transit service will be launched to connect the U of C Spy Hill campus and the broader transit network. These changes aim to improve connectivity and better serve residents of Ward 1. To find out more, visit calgarytransit.com.

Mid-cycle adjustments

Mid-cycle adjustments are on the horizon as Council is back in session and preparing to adjust 2025 Service Plans and Budgets in response to the needs of Calgarians, providing more certainty to taxpayers in light of current economic factors such as population growth, inflation, and cost-of-living pressures on residents and businesses. For more information, visit calgary.ca/adjustments.

Traffic Safety

Over the summer, Ward 1 saw several improvements, ensuring pedestrian and traffic safety remains a top priority. Some of the infrastructure upgrades in Ward 1 included lighting upgrades at crosswalks, a speed hump pilot, calming curbs at multiple locations, pole replacement, pedestrian overhead flashers, and traffic signals. More details are available at calgary.ca/mobilityprograms.



AN UPDATE FROM THE OFFICE OF PAT KELLY

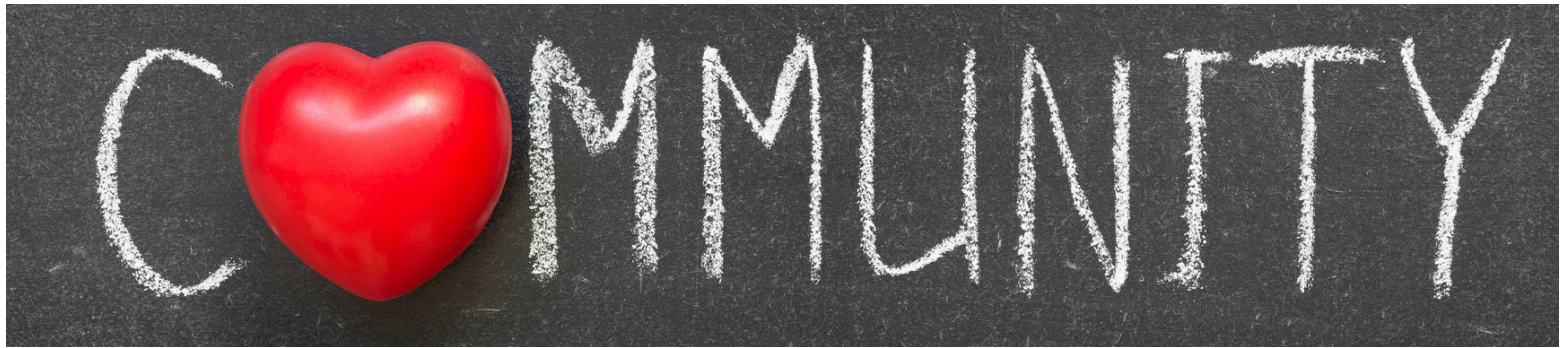
The parliamentary session returns from break mid-September, and I will resume holding the government in Ottawa to account on several issues, including the housing crisis. The Liberal government has mismanaged housing policy, resulting in not enough homes being built for Canadians to live in. The cost of downpayments, mortgages, and rent have all doubled over the last 9 years. Rentals.ca published a report confirming the average asking rent reached \$2,201 in July 2024, matching the highest average rent recorded. Only a Conservative government will fire the gatekeepers who block housing construction and tie federal infrastructure funding to building homes that Canadians can afford.

I enjoyed spending summertime in Calgary where I saw many people at community events. Thank you, to the local organizations for inviting me to participate. This year's Stampede gave me the opportunity to serve breakfasts and meet hundreds of Calgarians at amazing volunteer driven events in our communities. I also toured facilities and received feedback from workers.

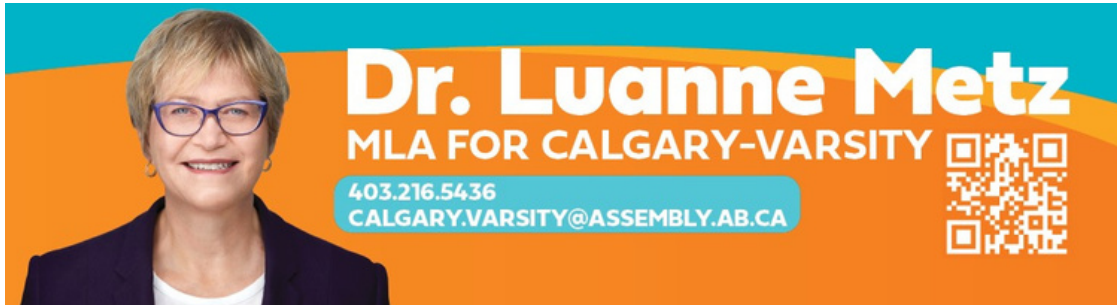
I attended a ceremony of remembrance for those who died at Dieppe 82 years ago, and celebrated the life of Calgary's Bill Stewart, the last remaining survivor of the Dieppe raid who passed away this summer at age 103. I also spoke at, and participated in, local community and cultural celebrations, including IndiYEAH! Fest, Azadi Fest, Igbo Day, and the Arbour Lake Residents Association Seniors' BBQ.

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

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.



AN UPDATE FROM THE OFFICE OF MLA LUANNE METZ



Constituency Office New Location
#232A, 3630 Brentwood Rd NW
Calgary, AB T2L 1K8

The Calgary-Varsity Constituency Office has moved! You can now find us at Brentwood Village Shopping Centre, on the second floor of the Office/Professional Building directly opposite from the main mall entrance and Starbucks.

Please note that the MLA constituency offices continue to be appointment only for security reasons.

[DIGITAL NEWSLETTER SIGNUP: linktr.ee/mlametz](https://linktr.ee/mlametz)