








THE SILVER SPRINGS SPIRIT

Silver Springs Community Association Official Newsletter

 5720 Silver Ridge Drive NW, Calgary AB T3B 5E5
 administration@siverspringscommunity.ca
 siverspringscommunity.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

Renew your Silver Springs Community Association Membership!

[Click Here](#)



**SOLD OUT: WILLIAM WATSON LODGE
MON OCT 7 8:00AM - 4:30PM**

**CALGARY PHILHARMONIC - SENIORS
OPEN REHEARSAL OCT 18 & NOV 15**

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

**MARIA & TIM'S PUMPKIN PATCH
SAT OCT 26 10:00AM - 12:00PM**

**CHRISTMAS CRAFT MARKET
SAT NOV 16 10:00AM - 3:00PM**

**WILLS & ESTATE PLANNING - SENIORS
MON NOV 18 1:30PM**

**HELLO WINTER
SAT DEC 7 12:00PM - 3:00PM**

**CHRISTMAS LIGHTS - SENIORS
MON DEC 9 6:00 PM**

**Valid From
October 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

TABLE OF CONTENTS

3	Community Safety	5	Programs and Events
8	Fall Fitness	10	Classifieds & Preschool
11	Volunteer	14	Botanical Gardens
16	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

COMMUNITY SAFETY



Emergency
Medical
Services



Halloween Safety

As a member of Calgary's Child Magazine *Partners for Safety* initiative, AHS EMS would like to remind parents and trick-or-treaters of Halloween safety tips as October 31st approaches. *Partners for Safety* vehicles will be out patrolling communities on Halloween night to provide a visible safety resource for parents and trick-or-treaters. This year marks the campaign's 30th anniversary.

Trick-or-Treaters

- Remember: all regular pedestrian rules still apply. Be sure to cross the road at marked crosswalks, or well-lit corners only. It is safest to work your way up one side of the street, and then cross once to the other side.
- You may choose to avoid houses that are not well lit. Do not accept rides from strangers or enter any home you feel is unsafe.
- Let your parents know where you are going to be (route) and advise them if you will be late returning.

Parents

- Be certain that an adult accompanies young trick-or-treaters. Older children should stay in groups.
- Pre-determine boundaries to trick-or-treat within and establish a time to return home.
- Advise children not to eat anything until they return home. Dispose of any items that have been tampered with, or that are not properly wrapped.

Costumes

- Choose bright colored costumes that are highly visible. Adding reflective tape to costumes further increases visibility.
- Consider sending your children with a flashlight for additional safety and increased visibility.
- When purchasing, or making costumes, look for materials and accessories labeled flame-resistant.
- All costume accessories, such as sticks, rods, or wands, should be soft and flexible, with no sharp edges.
- Consider using hypoallergenic make-up kits instead of masks that may impair breathing, or vision.
- Be sure costumes are loose enough to be worn over warm clothing, but not so long that they become a tripping hazard. Costumes should not be longer than your child's ankles.
- Ensure your child is wearing adequate footwear that takes into consideration weather conditions and walking.

www.albertahealthservices.ca

COMMUNITY SAFETY



**CALGARY
POLICE
SERVICE**

Calgary Police statistical reports

These reports provide statistics on person and property crimes, disorder, traffic, domestic conflict, drugs, weapons, and youth crime in Calgary.

Here you can find Monthly community crime and disorder statistics and you can sort by Community to see details for Silver Springs.

<https://www.calgary.ca/cps/statistics/calgary-police-statistical-reports.html>

Fall Biking Safety



Always make sure that you are riding on correct side of the bike lanes (with traffic, not against). For additional cycling bylaws and safety tips check out the City of Calgary Website
[City of Calgary Website](https://www.calgary.ca/cps/statistics/calgary-police-statistical-reports.html)

<https://www.calgary.ca/cps/statistics/calgary-police-statistical-reports.html>

Category	Frequency of Incidents in Silver Springs			
	Last 3 Months			2024 YTD *
	June	July	August	
Assault (Non-domestic)	1		2	6
Commercial Robbery				
Street Robbery				
Violence 'Other' (Non-domestic)		1	1	3
Break & Enter - Dwelling				3
Break & Enter - Commercial		1	1	6
Break & Enter - Other Premises		1		3
Theft OF Vehicle		2	1	6
Theft FROM Vehicle	1		3	6
Disorder	9	17	17	94

PROGRAMS & EVENTS

William Watson Lodge

October 7 2024

Members \$15.00 / Non-members \$ 20.00

Waitlist Only

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 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. The 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

Thursdays at the SSCA 1 - 4pm

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.



PROGRAMS & EVENTS

West Valley Softball Winter Skills Sessions Cost \$215



These sessions represent some of the best value in youth sports and are a great opportunity to enhance skills over the winter months. They will be held Sundays on the turf at Absolute Sports - Airport Location in Calgary from October 20 to December 15th. Players will have fun, while increasing skill and confidence through fitness, batting, defense and game strategy.

Registration will use 2025 softball age divisions:

- U9 (2016, 2017) & U11 (2014, 2015): 9:00 a.m. - 10:00 a.m.
- U13 (2012, 2013) & U15 (2010, 2011): 10:00 a.m. - 11:00 a.m.
- U17 & U19 (2006-2009): 11:00 a.m. - 12:00 p.m.

Session Dates - Sundays

October 20, 27, November 3, 17, 24, December 1, 8, 15

Parks for Paws October 12 11:00AM - 2:00PM



This will take place at the Silver Springs **enclosed off leash dog park**. To continue efforts to improve off leash park and addition of small dog/training pen.

Bring your dog(s) and kids for photos with Firefighters on a Fire Engine.

Snacks for humans and dogs for sale with LIVE MUSIC! BOTTLE DRIVE!

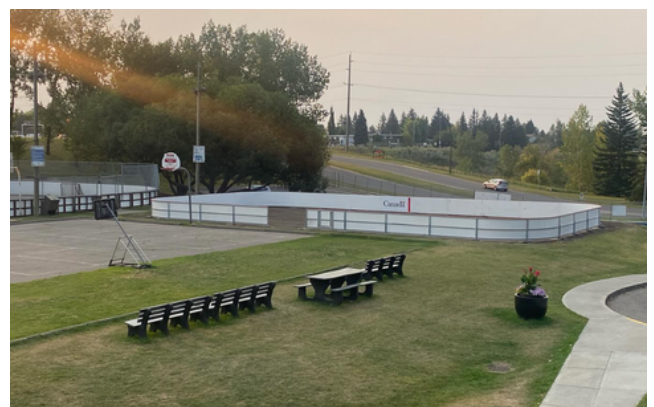
Win a round trip for 2 anywhere Westjet flies!

Junior Rink - Thank You!

Have you seen the new junior rink? Thanks to a very special crew of volunteers, this rink became a reality in September!

We are grateful for their willingness to give their time, energy, and talents. Their support of the SSCA allows us to continue fulfilling our mission and serve countless people in our community every year.

A special thank you to Rick, Tim, Kevin, Jeremy, Duncan, Jim, John and Owen !



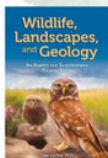
PROGRAMS & EVENTS

Bowmont Park Community Event

THANK YOU TO EVERYONE WHO STOPPED BY OUR BOWMONT PARK USER EVENT ON SATURDAY SEPTEMBER 21. WE APPRECIATE YOUR FEEDBACK AND PASSION FOR THIS SPECIAL PLACE. THANK YOU ALSO TO OUR AMAZING SPONSORS:



Thank-You
to our Sponsors





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.



Silver Valley Playground

204 SILVER VALLEY DRIVE



Silver Valley Playground Ribbon Cutting Event on Sept 14th was a huge success! Over 150 community members came out to help us celebrate and we were joined by MLA Luanne Metz and City Councillor Sonya Sharpe.

This playground update was completed due to the tireless efforts of our volunteers. Huge thank you to everyone who helped make this dream possible!

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*



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.

SSCA Board of Directors

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

What we look for: Community members who love Silver Springs and want to be involved in an amazing organization. No experience necessary!

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?

Experience in Leadership, Governance, or Human Resources would be considered an asset.

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?

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, and make a difference in your community.

To find out more about our board, what we do at the SSCA, and available positions, please reach out:
administration@silverspringscommunity.ca

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

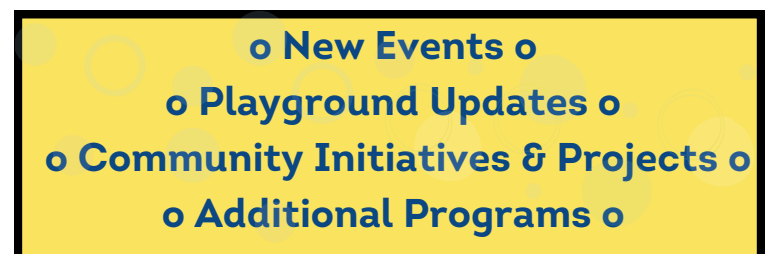
Opportunities to join the dynamic and innovative Winterspace Committee. Please complete the survey here:

<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



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
IN ORDER TO
CONTINUE TO RUN
THIS EVENT FOR 2024**

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!

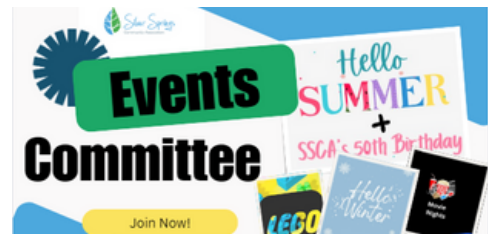
[administration@silverspringscommunity.ca/](mailto:administration@silverspringscommunity.ca)



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



October is the time to put the gardens to bed for the winter. This has been a season of very hard work with the water restrictions. But our efforts did not go un-noticed, as Mayor Gondek gave a salute to the gardens at her press conference, highlighting the hard work of our volunteers including the "Aqua-nauts" who successfully ensured the viability of the garden within the water restrictions.

We would like to thank all of the people who come together to make this garden what it is!

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 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.

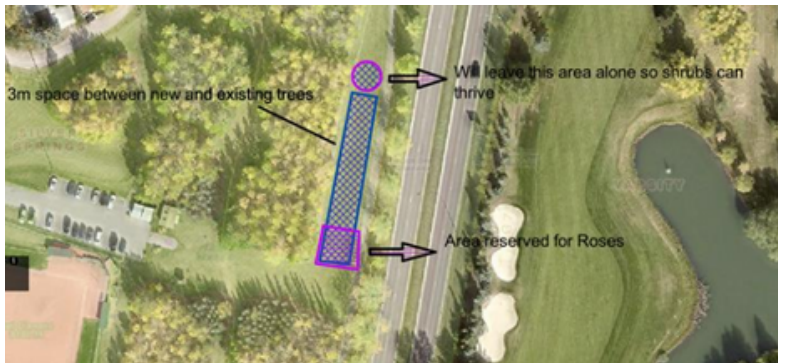
PLEASE WRITE TO INFO@BGSS.CA IF YOU ARE INTERESTED IN SPONSORING A TREE.



On September 11 we had the Mayor, Jyoti Gondek and our MP Pat Kelly with us to celebrate all the donors, sponsors, and volunteers. Awards were given to some of our retiring Lead Gardeners. We especially thanked Carol Patterson who has been instrumental in developing the Fruit Grove, the big planters and has created the design for our new South Border Garden. We also thanked Leslie Colvin who designed and led the construction of the Gateway Garden. Certificates from the Province of Alberta were awarded for their contributions.



We are enhancing our partnership with Urban Forestry, through the assistance of Guy Beaver from Calgary Parks. Recently, the Botanical Gardens agreed to collaborate on improving the forest and adding a new flower bed, with planting planned for late spring or summer. Bed preparation has already begun, and the turned strip will rest over winter. This initiative aligns with Urban Forestry's goals of increasing tree canopy and diversity, while also supporting the BGSS's goal of demonstrating the tree varieties suitable for our climate. The upcoming flower bed will aid in our winter garden planning, and details will be revealed soon. Stay tuned!



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

Thank you, Gardeners and Community Members!

The 2024 Edible Garden season has come to an end. Thank you to all the gardeners who have tended to their garden boxes, the food forest and the perimeter garden. Together we navigated a challenging year of unpredictable weather swings and Stage 4 water restrictions. All our hard work paid off, and we were able to enjoy the fruits and vegetables of our labour.

Harvest may be complete, but we are already planning improvements for next year. More gravel will be added to the interior walk ways inside the fenced area to reduce weeds. Stone blocks will be used to edge some of our perimeter garden beds and to create terracing in steeper areas. This will help to reduce erosion and improve the food forest. We will also be exploring a more permanent donation station to better allow gardeners to share extra produce with others in the community.



Beavers and Cubs visit the Garden

On September 23 & 25th local Beavers and Cubs visited the Edible Garden to learn about composting and vermicomposting (composting with worms). The kids learned how red wigglers break down organic matter to produce nutrient rich worm castings. They were amazed to learn that red wigglers cannot see or hear and that they absorb oxygen through their skin. They had an opportunity to hold the worms to observe their segmented bodies as they bury themselves in their castings and bedding to avoid light.

Throughout this season some of the Cubs and Beavers have assisted with the 3-stage compost system in the garden. It is always a delight to have curious young children participate in gardening activities and to learn about how food is produced. Thank you Beavers and Cubs!



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

The presentation on Canning and Preserving by Laura Petrie originally scheduled for September 18 has been postponed until the Spring. Please watch for more information about next season's sessions in future newsletters.

POSTPONED





THE EDIBLE GARDENS OF SILVER SPRINGS

Making the most of winter produce

Why not try adding more winter squash varieties to your pantry no that summer produce season is behind us!

Stuffed Delicata Squash with Pancetta and Goat Cheese

by Summer Miller (published in Simply Recipes Online), Serves 4-8

Ingredients

4 small delicata squash
2 ounces (1/4 cup) pancetta or bacon, diced small
8 ounces (226 grams) portabello mushrooms, diced
1/2 medium yellow onion, diced
3 clove garlic, minced
1 teaspoon dried oregano
1 teaspoon kosher salt
1/2 teaspoon ground pepper
1/4 teaspoon fennel seeds, chopped
1/4 cup fresh parsley leaves, chopped
1 tablespoon balsamic vinegar
1 pint grape tomatoes, halved
4 ounces (113 grams) goat cheese

For the breadcrumb topping:

1/2 cup panko breadcrumbs
2 teaspoons oil
1/2 teaspoon salt
1/2 teaspoon pepper
1/2 teaspoon dried thyme

For the rice:

1 tablespoon olive oil
1/2 cup uncooked basmati rice
1 1/2 cups water
1 tablespoon butter
1 bay leaf
1 teaspoon kosher salt

METHOD

- Roast the squash: Preheat the oven to 375°F. Line a baking sheet with parchment paper.
- Scrub the outside of the squash to get rid of any dirt. Cut the squash in half lengthwise and scoop out the seeds. Brush the outside and inside of the squash halves with olive oil. Sprinkle with salt and pepper and transfer to a baking sheet.
- Roast in the oven for 30 to 40 minutes. When it's ready, you should be able to easily pierce the flesh with a fork. Start checking for doneness at 30 minutes. Remove from oven and set aside.
- While the squash roasts, prepare the bread crumb topping and filling.
- Make the breadcrumb topping: Combine breadcrumbs, salt, pepper, thyme, and oil in a small bowl. Stir well with a fork to make sure everything is coated. Set aside.
- Make the rice: Rinse the rice in a fine-mesh strainer under cold running water. Heat 1 tablespoon olive oil in a medium saucepan over medium heat. Add rice and toast, stirring occasionally, for 5 minutes. The rice should look golden.
- Add water, butter, bay leaf, and salt to the pot. Cover, and bring to a low boil, still over medium heat for about 12 to 15 minutes. Remove from heat, but keep covered, and let it steam while you finish making the rest of the meal.
- Cook the pancetta: In a medium sauté pan, cook the pancetta over medium to medium-low heat, for about 20 minutes. The goal is to render the fat. When crispy, scoop out pancetta and set aside. You will add it back to the filling later. There should be about 2 tablespoons of fat in your pan.
- Cook the veggies: To the pan with the rendered fat, add mushrooms, onion, garlic, oregano, 1 teaspoon kosher salt, 1/2 teaspoon freshly ground pepper, and chopped fennel seeds. Cook for 15 minutes over medium heat, stirring once or twice until the mushrooms have shrunk and the onions are translucent.
- Add the tomatoes and rice to the veggies: Add the cherry tomatoes and 1 tablespoon of balsamic vinegar to the pan with the mushrooms. Stir to coat. Continue cooking until the tomatoes begin to fall apart, about 7 to 10 minutes. Stir in the cooked rice, cooked pancetta bits, and chopped parsley. Taste and add more salt and pepper to your liking. Remove from the heat.
- Stuff the squash: Fill each half of squash halfway with the rice-veggie filling, using about 1/4 cup in each half. Crumble the goat cheese and sprinkle evenly over each half. Spoon the rest of the filling on top of the goat cheese. Sprinkle each half with Panko mixture.
- Broil the filled squashes: Turn the oven to broil. Put the squash under the broiler for 1 to 3 minutes until the filling is warmed through and the Panko is a deep golden brown.

ACTIVE SENIORS CORNER 55+

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

On September 16th, a group of 20 energetic seniors biked the Bow Valley Parkway! The weather could not have been better. We started at the Banff Train Station, had our lunch at Johnston Canyon and took our mandatory group picture. Some proceeded back to Banff, others hiked to the Lower Falls before heading back. A great day to enjoy the fresh air and mountain scenery!

We also went to Stage West's "Death Trap" on September 18, 40 of us drove and carpooled to the venue. We enjoyed a delicious lunch, socialization prior to the performance. Death Trap proved to be a thriller filled with surprises, laughs and some Canadian content

On September 27, we attended the Calgary Philharmonic season's first 2024/2025, Open Rehearsal of Beethoven's Emperor. Always a good time with exceptional music.





ACTIVE SENIORS CORNER 55+

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

UPCOMING EVENTS

October 7: Coach trip to William Watson Lodge. **SOLD OUT!**

October 18: Calgary Philharmonic - Seniors Open Rehearsal - Bernstein's Serenade with Karen G.

November 15: Calgary Philharmonic - Seniors Open Rehearsal- Nicolas Namoradze plays Rachmaninoff.

November 18: In the SSCA Board room at 1:30 PM - Christianne Murphy will present a talk on Wills, Estate Planning, Personal Directives, Power of Attorney.

December 9: Coach Trip - Christmas Lights - we will depart from the Community Centre at 6:00 PM, head to 14th Street to view the Confederation Park lights, then continue down to Spruce Meadows to view their lights and back to the Community Centre at approx. 8:45 PM. Registration will be required and limited to 50 passengers.

December 17: The 2nd Annual Christmas Dinner and Party in the Sunset Room at the Community Centre at 5:00 PM. Details will be in the November newsletter. Registration will be required and will be limited to 80 people.

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.



WARD 1 REPORT FROM COUNCILLOR SONYA SHARP

Hello, Ward 1!

As we move into the heart of autumn, I want to extend my warmest wishes to you and your families for a joyful Thanksgiving. And as Halloween approaches, I hope you're as excited as I am to see our neighbourhoods light up with festive decorations and trick-or-treaters. Let's make this month safe, fun, and memorable for everyone!

YardSmart Tips for Fall

With the leaves turning and temperatures dropping, now is the perfect time to prepare your yards and gardens for the winter months ahead. Consider composting fallen leaves to enrich your garden soil, and plant spring bulbs before the ground freezes. A reminder that green cart collections are weekly from April to October and every two weeks from November to March. You can find out more information on being YardSmart at calgary.ca/YardSmart.

Winter Preparation

Even though winter may still feel a little way off, it's never too early to start preparing for the colder months. Now is a great time to ensure your home and vehicles are ready for winter. Check your home's insulation, seal any drafts, and prepare your snow removal equipment. It's also a good idea to put together an emergency kit for your car, including blankets, a shovel, and some non-perishable snacks. For more information on winter preparedness, visit calgary.ca/emergencies/winter-storm.

2024 Budget deliberations

Last year, many of you shared your thoughts and priorities regarding the City's budget, and I want to thank you for your valuable input. As we look ahead to the upcoming budget discussions, I'll continue to voice your concerns and be an advocate for affordability, smart spending, and focusing on essential services like clean water, waste management, and road maintenance. It's about getting back to basics to ensure we deliver the core services that matter most to our communities.



AN UPDATE FROM THE OFFICE OF PAT KELLY

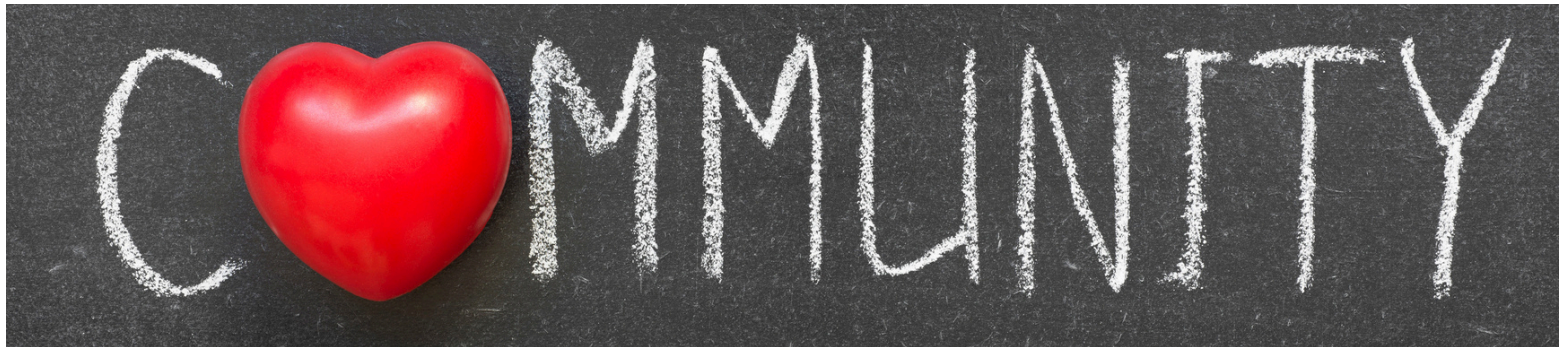
Parliament resumed on September 16th, and I continue to stand up for Canadians struggling with the price of food, gas, heating, and housing. On September 18th Conservatives gave notice of a motion of non-confidence and are calling on the other opposition parties to join Conservatives and vote to bring down the government so that Canadians can have a federal election this fall.

I have returned to the Finance Committee where I will have the opportunity to hold this government to account for increasing taxes, excessive spending, and ongoing deficits. The Finance Committee is currently studying the current Government's proposed increase in the capital gains inclusion rate. This tax increase does not only affect the "ultra rich", but it is also a tax increase that will be paid by doctors, small businesses, farmers, homebuilders, seniors, and many other middle-class Canadians. It will discourage investment in Canada at a time when Canada desperately needs investment to reverse declining per capita GDP which has left Canadians poorer than they were ten years ago. Canadians are encouraged to write to the Finance Committee about how the proposed capital gains tax will affect them. Contact my Calgary office for more information.

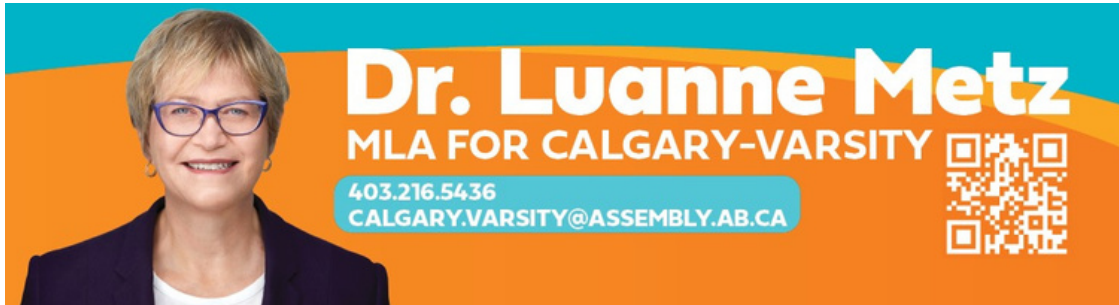
I saw many people at community events this fall. Thank you, to the local organizations for inviting me to participate. I attended the 3rd Annual Canadian Walk for Veterans. I also spoke at, and participated in, local community and cultural celebrations, including Hong Culture Day, the LDS Church Annual Corn Bust, the Silver Springs Botanical Gardens Celebration and the Hawkwood Fall Festival.

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. 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