








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



SSCA IS EXPANDING!



We invite you to sponsor or donate to support the Silver Springs Community Association's building expansion project! With your help we can create a warm, accessible space for our community to gather, play, and grow.

Every contribution makes a difference!

To get involved, contact us at buildings@silverspringscommunity.ca

UPCOMING REGISTRATIONS & EVENTS

Silver Springs Soccer Registration Wed Feb 5 at 9am	Proactive Seniors: Housing Wed Feb 18th 1:30pm - 4:00pm
Jelly Bean Dance Fri Feb 7th 6:30pm - 8:30pm	Calgary Philharmonic: Open Rehearsal Fri Feb 28th 10:00am - 12:30pm
Try Softball! West Valley Softball Wed Feb 12th 6:30pm - 7:30pm	Tribute to Gordon Lightfoot Calgary Folk Club Fri Feb 28th 7:30pm
Seniors Fun & Games Mon Feb 10th & 24th 1pm - 4:00pm	LEGO Competition Fri Mar 22nd 12pm - 3pm

Find more details on our website: <https://silverspringscommunity.ca/events/>

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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
Community Development	darren@silverspringscommunity.ca
Director-at-Large	marny@silverspringscommunity.ca
Events	to be announced
Director-at-Large	margaret@silverspringscommunity.ca
Communications	to be announced



WINTER FITNESS CLASSES

January - March 2025



	Monday	Tuesday	Wednesday	Thursday
9:15-10:15am	Strength and Core* (9am start)	Proactive Adult*	Proactive Adult* (9am start)	Proactive Adult*
10:30-11:30am	 Fusion			
11:15-12:15pm		Seniors Yoga (waitlist)		
12:45-1:45pm				Improver Line Dance
1:45-2:45pm				High Beginner Line Dance (waitlist)
3:00-4:00pm				Beginner Line Dance

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

Price List

Drop In Classes

Proactive Adult / Strength & Core: \$7

Fusion: \$12

Punch card available \$91 for Members, \$98 for Non Members

14 Classes included on Punchcard



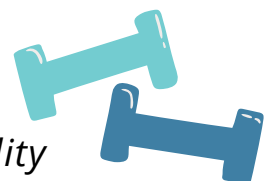
Registered Classes (prorated registration available):

Fusion: January 20 2025 – March 31 2025 / 10 classes / \$100 (no class Feb 17 2025)

Seniors Yoga: January 14 2025 – March 25 2025 / 11 classes / \$110

Line Dance: January 16 2025 – March 20 2025 / 10 classes / \$100

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



Spring Registration Opens Monday, March 10!



WINTER 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: Build total-body strength! We focus on strengthening both the upper and lower body with various lifting techniques, utilizing timed intervals to maximize results. Each strength segment is paired with short cardio bursts—no choreography, easy-to-follow movements to elevate your heart rate. Core exercises are seamlessly integrated into the workout, followed by deep stretches to enhance flexibility and recovery. This class is open to all fitness levels.

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-ins at a rate of \$12. SCENT FREE CLASS

Fusion: Experience the ultimate blend of fitness disciplines with our Fusion Fitness class! This dynamic workout combines the core-strengthening and flexibility-enhancing elements of Pilates, the mindfulness and balance of yoga, the muscle-toning and sculpting techniques of barre, and the invigorating aspects of general fitness. Designed to provide a comprehensive full-body workout, Fitness Fusion helps you build strength, improve flexibility and balance, and enhance overall fitness levels.

Proactive Adult Total Body Circuit:

Get ready for a high-energy, full-body workout! This dynamic, station-based session is designed to challenge all major muscle groups while moving through a series of stations, each targeting different areas of the body. Between strength stations, you'll power through cardio intervals—no complicated dance moves, just simple, effective exercises to keep your heart rate up. The class wraps up with deep stretches to enhance flexibility and recovery. Suitable for all fitness levels—you control the intensity by selecting the weights and pace that fit your goals.

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.

PROGRAMS & EVENTS

Silver Springs Community Soccer Registration opens February 5 2024

Silver Springs Soccer is a community run soccer organization for children living in Silver Springs and Scenic Acres. Registration is available online.

Age Group	Year of Birth	Practice Day	Price	Game time
U4	2021/2022	M/W	\$75	6:15 - 7:00pm
U6	2019/2020	M/W	\$75	6:15 - 7:00pm
U8 Girls	2017/2018	T/TH	\$75	6:15 - 7:10pm
U8 Boys	2017/2018	T/TH	\$75	6:15 - 7:10pm
U10/12 Girls	2013/2014/2015/2016	M/W	\$105	6:15 - 7:15pm
U10/12 Boys	2013/2014/2015/2016	T/TH	\$105	6:15 - 7:15pm

Jelly Bean Dance February 7 | 6:30-8:30pm



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. Dance tickets \$8 and are available online.

Dance Foundations Registration Closes February 7!

Our dance program offers kids a fun, non-stressful space to discover the joy of dance while building skills like coordination, creativity, and self-discipline. We keep class sizes small and fees affordable - without sacrificing high-quality instruction. We still have room in a few classes - visit our website to learn more.

<https://silverspringscommunity.ca/kids-programs/dancefoundations>

West Valley Softball Outdoor Season

West Valley is proud to be the designated softball program for children in NW Calgary! The 2025 season runs from late April to mid-July, and we're excited to welcome players of all skill levels!

- U7: Mixed (for both boys and girls)
- U9 and higher: Girls only

U7 (2018, 2019, 2020): Tues & Thurs | Cost: \$150.00
 U9 (2016, 2017): Mon & Wed | Cost: \$285.00
 U11 (2014, 2015): Tues & Thurs | Cost: \$360.00
 U13 (2012, 2013): Mon & Wed | Cost: \$400.00
 U15 (2010, 2011): Tues & Thurs | Cost: \$400.00
 U17/U19 (2006, 2007, 2008, 2009): Mon & Wed \$430.00



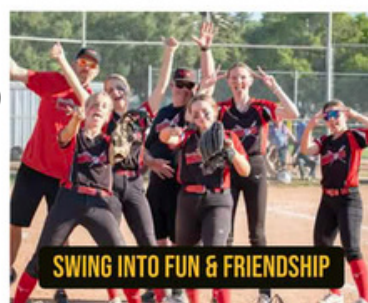
**Register now for
the 2025 Season!**

All skill levels welcome
from Learn to Play to U19

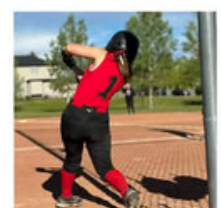
Visit westvalleysoftball.ca for more info



Ages 4 to 19



SWING INTO FUN & FRIENDSHIP



PROGRAMS & EVENTS

Try Softball with West Valley Softball February 12 2025 6:30-7:30pm TB Riley Junior High



Get Ready for an Exciting Softball Season! At West Valley Softball, we're dedicated to creating a fun and engaging environment where young athletes can develop essential skills while having a blast.

Don't miss out on the opportunity for your daughter to be part of something special. Join us this season and see for yourself how softball can make a difference! This is a free event but preregistration is required. Visit our website for more information: westvalleysoftball.ca

Edible Gardens Speaker Series

Registration opens Jan 31

Presentations start at 7:30pm in the SSCA Boardroom. \$15 per presentation or \$50 if registering for all 4 talks at the same time.

- **March 19 2025:** Gardening For Pollinators' with Jennifer Hoglin
- **April 16 2025:** 'Companion Planting' Presenter: Jennifer Hoglin
- **May 21 2025:** Tree Pests and Diseases' with Amy Fehr
- **June 18 2025:** 'Preserving and Canning' with Laura Petrie

REGISTER HERE



Botanical Gardens of Silver Springs Annual General Meeting



The AGM will be at the SSCA on March 18 at 7pm. More details to come.

19th Annual LEGO Competition March 22nd 2025 12:00-3:00pm



Our 19th annual LEGO competition is back! Open to ages 2 years - adult! Entries will be \$5 each. No

kits allowed, original creations only. Registration will open February 1st 2025 on our website. The categories are:

- Things that go
- Structures
- Cool Scenes
- Outer Space

REGISTER NOW

Sponsors and volunteers wanted! Please email programs@silverspringscommunity.ca Get building Silver Springs! We can't wait to see what you have for us this year!

CALLING ALL VOLUNTEERS

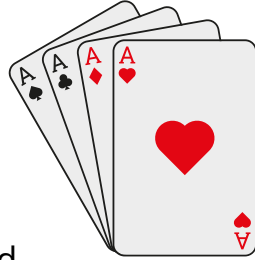
April 5th and 6th 2025
Elbow River Casino

Casino volunteers needed! Silver Springs Community Association will participate in a fundraiser casino on Saturday, April 5 & Sunday, April 6, 2025. Money raised from the casino provides one of the largest sources of revenue towards our building expansion! Please consider volunteering for our biggest fundraising event of the year! No previous experience needed and all volunteers will receive a complimentary meal. We have day and evening shifts available. If you have any questions please contact us at administration@silverspringscommunity.ca

PROGRAMS & EVENTS

Silver Springs Friendly Bridge Group Wednesdays at the SSCA 1 - 4pm

We meet on Wednesdays from 1-4 in the SSCA Boardroom to play casual, friendly Bridge. We do not teach the game. Players are expected to have played before or taken beginner lessons. We allow some simple questions while bidding and more experienced players may offer a bit of advice or clarification. We encourage all participants to use modern American Contract Bridge League bidding standards. Many of us use Audrey Grant's current resources. A Silver Springs Community membership is required. Participants pay \$2, per afternoon attended, for use of the room, Loonies or toonies only please. As this group is nearing capacity, please contact the community centre to inquire before dropping in. 403-288-2616.



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

Indoor Pickleball

\$6 per player
SSCA membership required

Registered drop in:

- **Tuesdays**
1pm - 3pm
- **Fridays**
10am -12pm



For more details visit:

<https://silverspringscommunity.ca/indoor-pickleball-drop-in>

Planning for Elementary School Registration in 2025?

Silver Springs is home to 3 different elementary schools. Please reach out to applicable school for more information and details.

WO Mitchell Elementary School

511 Silvergrove Dr NW Calgary, AB
T3B 4R9
403-777-6100

WOMitchell@cbe.ab.ca

Spanish Bilingual



St. Sylvester Elementary School

7318 Silver Springs Blvd NW Calgary, AB
T3B 4N1
403-500-2063

<https://stsyvester.cssd.ab.ca/contact>

French Immersion



Silver Springs Elementary School

7235 Silver Mead Rd NW Calgary, AB
T3B 3V1
403-777-6070

SilverSprings@cbe.ab.ca



ACTIVE SENIORS EVENTS

Seniors Fun & Games Monday at the SSCA 1 - 4pm

We will meet every second Monday from 1-4pm in the SSCA Boardroom to play card games, tile games, and board games. Mexican train, Euchre, Cribbage, 5 Crowns, Sequence, Rummikub, Shut the Box are some of the games played, but if you've got a game in mind bring it! A Silver Springs Community membership is required. Participants pay \$2, per afternoon attended. Come join us: Feb 10, 24 & Mar 10, 24 & Apr 7, 21 & May 5.

Proactive Seniors -Understanding & Navigating Seniors Housing Tuesday Feb. 18 at 1:30 - 4:00pm

Registration will open Wed. Feb 5 at 9:00am

Join us for an informative session dedicated to seniors housing. In this presentation you will learn about seniors housing options, just as: subsidized housing, AHS Funded housing, Private pay retirement living, independent living, and assisted living proactiveseniors.ca

REGISTER HERE



Calgary Philharmonic - Open Rehearsal, Symphonie Fantastique Friday Feb. 28 at 10:00 - 12:30pm

It is \$15.00 CASH to be paid upon arrival on the day of the performance. More details (time, carpooling, etc.) will be provided to those who are attending. This has always been an entertaining morning. For more information about the open rehearsal visit calgaryphil.com/education/open-rehearsals/.

Contact karenk@silverspringscommunity.ca if you plan to attend and can either drive for carpooling or would like a ride and will help with the parking fees.

Tribute to Gordon Lightfoot Calgary Folk Club Friday, Feb. 28 at 7:30 - 11:00pm

Registration will open Wed. Feb 5 at 9:00am

Picking up The Pieces A Tribute to Gordon Lightfoot with John Muirhead. We have secured 28 tickets and there was a lot of interest, so don't delay when registration opens! Assigned seating. See further details on the Calgary Folk Club Website: <https://calgaryfolkclub.com/event-details/?slug=a-tribute-to-gordon-lightfoot-ab-with-john-muirhead-on-in-person>

REGISTER HERE



Visit our website below for more details on these events or to register!
<https://silverspringscommunity.ca/events/>

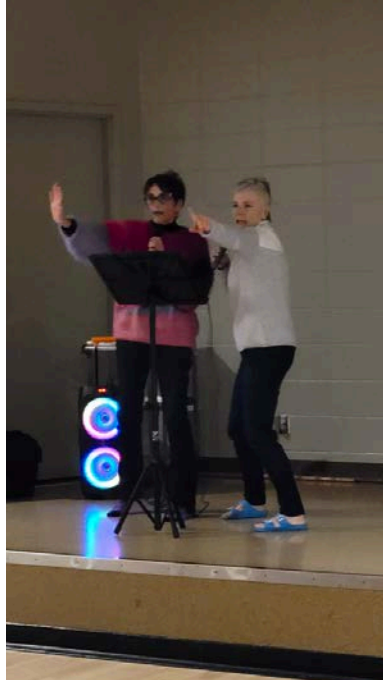
ACTIVE SENIORS CORNER 55+

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

KAREN'S UPDATE

Many seniors have expressed interest that they enjoy playing card games, tile games, board games. On January 13, 21 of us met in the boardroom as part of a little pilot project to see if this might be something that we could continue on a regular basis. Mexican train, Euchre, Cribbage, 5 Crowns, Sequence, Rummikub, Shut the Box were some of the games played. If any of these appeal to you (or one that you would like to add), maybe you would like to join us.

Despite the cold and a bit of snow, 25 of us enjoyed an evening of Karaoke on January 17. Snacks, beverages, singing, dancing, laughter, socializing. Some sang, some danced, some didn't. It didn't matter. We had a blast! There were comments at the end of the night to do it again. THANK YOU to Donna, Velvetanne, Caroline, Trish, Lauren and Patrick - it takes a team to pull these events off!



Get involved and help us to plan more great events!

If you have any ideas for future events, please get involved! Reach out and join our subcommittee. As the expression goes "Many Hands Make Light Work." to help organize please contact: karenk@silverspringscommunity.ca

OUTDOOR RINK

OPERATING HOURS: 9AM – 10PM

RULES

- Please be courteous, respectful and share the ice
- Helmets and protective gear are strongly recommended
- This facility is operated by volunteers. Please help to keep it clean and safe for all the enjoy. Your help with snow removal from the ice and around the benches is greatly appreciated!
- No alcohol, drugs or rowdy behaviour is permitted.
- This facility is open to the public 7 days per week, unless otherwise posted.



Despite a warmer-than-usual winter, the Silver Springs Outdoor Rink has been a vibrant hub of activity, bringing the community together for ice skating, hockey, and family fun. With temperatures consistently higher than average, volunteers have worked tirelessly to maintain the ice quality, ensuring skaters have a smooth and enjoyable experience.

Throughout the festive holidays, skaters of all ages flocked to the rinks in near record numbers under ideal weather conditions. The rink has seen steady traffic, with families, friends, and neighbors all coming together to take part in the season's outdoor activities.

Local residents have embraced the milder conditions, enjoying sunny afternoons and clear skies on the rinks, making it an ideal spot for skating and casual games of pickup hockey. "Even though it hasn't been as cold as we're used to, the ice is great and the rinks are still a hit," says Luka Demini, a regular skater and community member.

The Silver Springs Outdoor Rink is not just about sports; it's also about fostering connections. As February continues, the rink remains a beloved destination for locals, proving that no matter the weather, the spirit of community stays strong.

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 administration@silverspringscommunity.ca.

For more information and current news regarding these rinks, we encourage you to visit our outdoor rinks website at:

<https://silverspringscommunity.ca/rink/>

The Silver Springs Community Association is an amazing organization! We have the following opportunities:

Part-Time Soccer Coordinator: We have an upcoming opportunity available in February/March. We are looking for a Soccer Coordinator to help facilitate our Soccer Program this Spring. This position would be working directly with our Program Coordinator, and full training would be provided. Email careers@siverspringscommunity.ca.

Part-Time Custodial Work: We are looking for someone with cleaning experience, strong communication skills, the ability to deal with the public and a police clearance check & high school diploma is required. Evenings, Monday through Friday, Hours 9:00 pm -12:00am Evenings, Saturdays 4 hours can be after 1:00 am, Sundays 2 hours after 7:00pm. Email rita@siverspringscommunity.ca with your resume.

Pool Lifeguard: We are looking to fill a variety of pool lifeguard positions and times. You must be 18 years of age. Email your resume to administration@siverspringscommunity.ca.

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 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



We are still accepting applications for our 3 year old and 4 year old half day programs!

Application process for the 2025/2026 school year

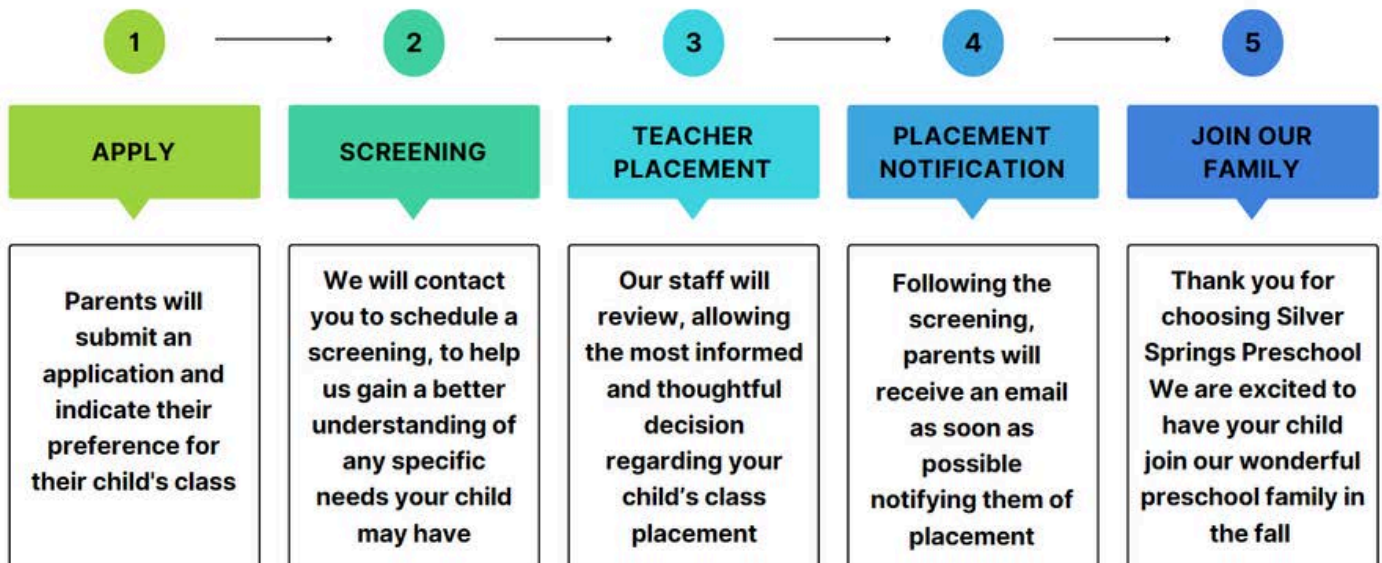
- Parents will submit an application, similar to our registration form in previous years
 - (\$100 non refundable fee)
- Parents will indicate their preference for their child's class
 - 4 year old morning
 - 4 year old afternoon
 - Parents will receive an email, notifying them of placement



Silver Springs Preschool Application Process

For our alumni families, Silver Springs residents and general public

Our staff will complete a thorough and thoughtful process to place students in classes for Fall 2025. The classroom placement process is complex and many factors enter into the decision-making process. Our goal is to ensure that every child is placed in an environment where they can thrive, feel supported, and be given the opportunity to learn and grow.



To learn more about our preschool: silverspringscommunity.ca/preschool or email preschool@silverspringscommunity.ca for further information.

SILVER SPRINGS CURRENT 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>

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:

administration@silverspringscommunity.ca

o New Events o
o Playground Updates o
o Community Initiatives & Projects 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

SILVER SPRINGS CURRENT OPPORTUNITIES

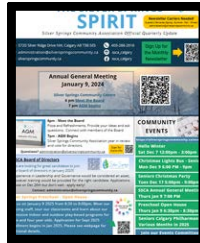


Newsletter Carriers Needed!

Quarterly Deliveries
(Spring - Summer - Fall - Winter)
administration@silverspringscommunity.ca

Did you know? that in addition to our monthly e-newsletter, we distribute a quarterly update to Silver Springs Mailboxes! Our Spring addition is hitting mailboxes soon and we need some volunteers in the following areas!

- **Silver Valley**
- **Silver Creek**
- **Silver Brooke**
- **Silver Mead**



If you can help, please contact:
administration@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 and donations to support the building expansion of the SSCA community Centre. Grant or fundraising experience in the non profit sector would be an asset! For more information contact

administration@silverspringscommunity.ca



We are so thankful to all our wonderful sponsors, we could host our amazing events or deliver our quarterly update without you!!

We currently have the following sponsor opportunities:

- Sponsor support for our Summer and Fall Quarterly Newsletter Editions.
- LEGO competition sponsors for prizes

For more information, please reach out to
administration@silverspringscommunity.ca

THE EDIBLE GARDENS OF SILVER SPRINGS

2025 Garden Box

If you are renewing your garden box check your emails to renew your garden box for 2025. If you would like a garden box, please email silverspringsgarden@gmail.com to be added to the waitlist. Garden box rentals are \$35 per season (a SSCA membership is also required).



Garden Planning

It's not too early to start thinking about your plan for this season's garden!

If you made notes about what you planted and how it went, take some time to review them. Another great way to begin is to ask yourself some questions about last season:

- What grew best?
- Did you have too much or not enough of any plants?
- What are you most excited to harvest?
- Would any plants do better in a different location?

Take out your seeds and make a list of any that you need to replace. Place orders, or just get ideas by browsing. Some suggestions of websites to check are Wildrose Heritage Seed Company, West Coast Seeds | Organic Seeds, Heritage Harvest Seed - Canada's #1 Source for Heirloom Seed and Prairie Garden Seeds.

Create a map of your growing space, including garden beds and containers. For step by step instructions on creating a garden map, see *Designing the Vegetable Garden: How to Make a Garden Map* and *Garden Planning 101: How To Draw A Garden Map You'll Actually Stick To - From Soil to Soul*

2025 Speaker Series

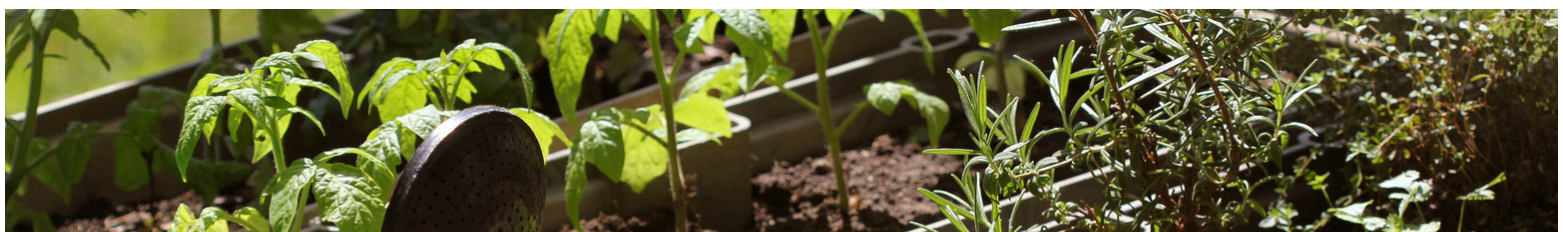
Registration opens Jan 31

[REGISTER HERE](#)



Edible Gardens Speaker Series Presentations start at 7:30pm in the SSCA Boardroom. \$15 per presentation or \$50 if registering for all 4 talks at the same time.

- **March 19 2025:** Gardening For Pollinators' with Jennifer Hoglin
- **April 16 2025:** 'Companion Planting' Presenter: Jennifer Hoglin
- **May 21 2025:** Tree Pests and Diseases' with Amy Fehr
- **June 18 2025:** 'Preserving and Canning' with Laura Petrie



COMMUNITY SAFETY

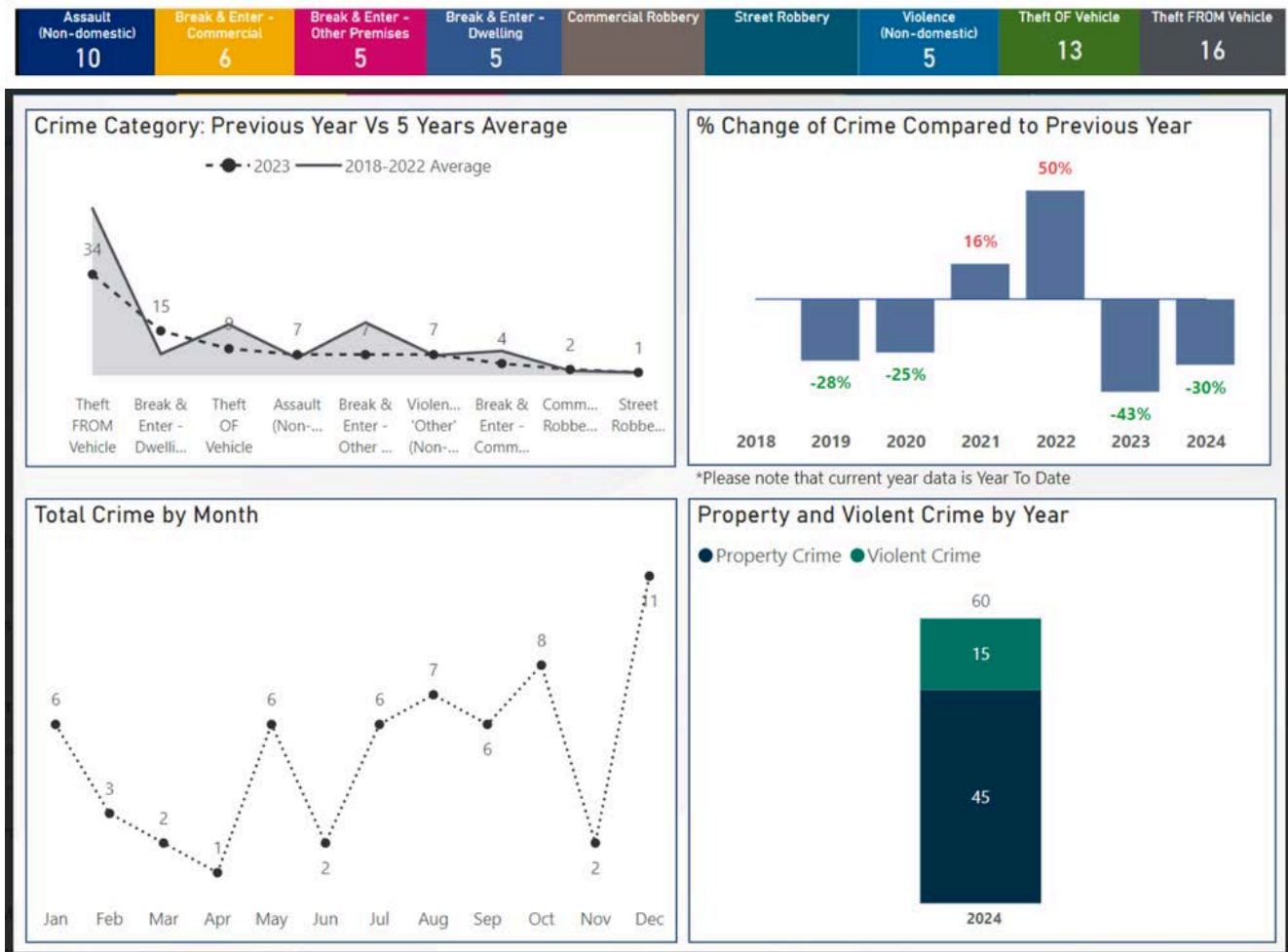


The Calgary Police Service has **NEW** statistical reports!

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>



COMMUNITY SAFETY

Calgary



311 Online Services

Traffic service requests

Submit a 3-1-1 service request

<https://calgarycwiprod.motorolasolutions.com/>

If your request is related to any of the following items, please submit a request to 3-1-1

- Signage
- Temporary barriers or barricades
- Traffic calming
- Transit



CALGARY
POLICE
SERVICE

Silver Springs Crime Statistics

Category	Frequency of Incidents in Silver Springs			
	Last 3 Months			2024 YTD *
	October	November	December	
Assault (Non-domestic)	2			10
Commercial Robbery				
Street Robbery				
Violence 'Other' (Non-domestic)	1			5
Break & Enter - Dwelling	1		1	5
Break & Enter - Commercial				6
Break & Enter - Other Premises			1	5
Theft OF Vehicle	2		4	13
Theft FROM Vehicle	2	1	5	16
Disorder	13	9		135

- Please note that the Crime Statistics available are approximately 2-3 months behind, and you can access the most up to date statistics on the CPS website.

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

Clare's Law in Alberta

Key Information for the *Disclosure to Protect Against Domestic Violence (Clare's Law) Act*

Purpose of the law

Clare's Law allows people to make informed choices about potentially harmful intimate partner relationships, and is an important tool in protecting Albertans from domestic violence.

The Right to Ask

Albertans have a right to ask for information regarding their current or former intimate partner's potential risk for domestic violence. A person can also apply on behalf of someone else if they have their consent, are a legal guardian of the applicant, or have legal authority of the person. Applicants must provide a reason for why they are asking for information. The person of disclosure will not be made aware an application was made about them.

The Right to Know

Police can apply, through the Right to Know process, to proactively provide relevant information to an individual if they have reason to suspect intimate partner violence is likely to occur.

Eligibility

To be eligible for Clare's Law a person must:

- live in Alberta
- be in an intimate partner relationship
- have a reason for applying which details why you feel at risk
- have met the person they have requested information about
- be willing to talk to, and meet with police to receive disclosure information

Supports and services

During the Clare's Law process, the applicant and/or person-at-risk will be asked at various times if they want to be connected with social supports. If they do, they will be referred to an appropriate service.

Disclosure

Disclosure is information provided by police to a person at risk.

If risk is determined to be present, disclosure must occur in person.

If the risk is low or there is insufficient information to determine risk, disclosure can occur via telephone.

Disclosure will only be provided verbally; physical documentation will not be provided.

Disclosure will not occur if:

- the applicant has not met the person-of-disclosure, in person
- the application is determined to have been made with malicious intent
- the intent is to use any information received for a purpose other than informing their safety
- an application is being made for the purpose of use in legal proceedings, such as child custody hearings or divorce proceedings
- the person seeking disclosure will not meet with police

Applications

Applications are available online at

<https://alberta.ca/ClaresLaw>

THE BOTANICAL GARDENS OF SILVER SPRINGS



Welcome to a new year of gardening. Our lead gardeners have been busy in the last few months creating the plans for the 2025 year. We are excited about the possibility of new plantings in the various gardens. We are planning to manage our water utilization in different ways this year and are hopeful that all the water mains remain intact so we don't have to spend so much time hauling water.

As well, seed catalogues are appearing in our mail with all the wonderful possibilities of plants in your own gardens for the coming year.

Our volunteers have continued to step up and make things happen in the gardens. This year our volunteer hours from just over 90 volunteers are around 10,000 hours. Our volunteers are very energetic and committed to the garden. This year they added many activities to the garden. We are so thankful for the energy and commitment of these individuals, some 90 strong. We are all thankful to them for the beauty they create.

Little Library Opening back up in May!



Please consider dropping off any botanical or horticultural books and magazines for our use. Our librarian picks up any donated books weekly from the SSCA. There is clearly an appetite for this resource, as our large supply of books and magazines disappeared in the few months that the library was open!

Thank you to our individual garden sponsors for 2024!

- Dom Saliani
- Trent Bruce
- Tom Mayhew
- Melinda Morrell
- Silver Springs Automotive
- Stephen Green and Jane McPhee
- Yoshiko Imahashi
- Bev and Duncan Badger
- Dave Wright
- Laurel and Bob Caddel
- Heart Beats Society
- Tony Davies

THANK
you

We have other sponsorship programs including sponsorship of park benches, sponsorship of picnic tables and sponsorship of selected trees.

Contact info@bggss.ca if you have any questions.



WARD 1 REPORT FROM COUNCILLOR SONYA SHARP

Hello, Ward 1!

February brings new opportunities and important updates for our community. Whether it's navigating property assessments or staying informed about upcoming events, there's plenty happening in Calgary and at City Hall this month.

Property Assessment Notices

Property assessment notices were mailed out on Jan. 3, and if you haven't received yours yet or have any questions about the assessed value of your property, you can contact the Assessment Department at 403-268-2888 or visit calgary.ca/assessment. The City's Customer Review Period runs until March 11, so be sure to review your notice and reach out to the Ward 1 Office or 311 if you need assistance.

Calgary Plan Review

The review of the overarching Calgary Plan, initially scheduled for December 2024, has been postponed to February 2025. The plan outlines long-term development strategies for the City. Councillor Sharp has consistently emphasized the importance of thoughtful, community-focused planning that considers the unique needs of Calgarians. She will continue advocating for balanced approaches that reflect both fiscal responsibility and the values of Ward 1 residents.

Events Happening in Calgary

Chinook Blast

Calgary's ultimate winter festival returns from Jan. 31 to Feb. 17! Enjoy dazzling light installations, live performances, and family-friendly activities at iconic spots like Stephen Avenue. Details at chinookblast.ca.

YYC Hot Chocolate Festival

Savour the City's best hot chocolates throughout February, with proceeds supporting Calgary Meals on Wheels. Explore creative entries from local cafes and vote for your favorite at ychotchocolate.com.

Valentine's Day with the Calgary Philharmonic

Celebrate love with Tchaikovsky's most enchanting works at the Jack Singer Concert Hall on Feb. 14. Secure your seats at calgaryphil.com.

Family Day

Family Day on Monday, Feb. 17, is a great chance to enjoy time with loved ones. Keep an eye on local events happening throughout the city to celebrate the day together!



Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Recognizing and responding immediately to the warning signs of a potential heart attack may significantly improve survival and recovery. February is Heart Month: take the time to be heart safe and learn how you can reduce your risk.

Common signs of a heart attack

(Any, or all, of these signs & symptoms *may* occur)

- Chest discomfort described as simply a mild pressure up to a 'crushing' pain; may also be 'squeezing' or a 'heavy' sensation;
- Discomfort may move to the shoulders, arm, neck, or jaw;
- May include shortness of breath, sweating, or nausea / vomiting.
- Signs may vary person to person and can differ between men, women & the elderly.

Heart attack Risk Factors

- Obesity*
- Sedentary lifestyle*
- Smoking*
- High cholesterol*
- Age / gender
- Family history

Speak with your doctor about how to treat your modifiable (*) risk factors and learn to be heart safe.

What to do when seconds count

- Call 9-1-1. Early treatment can greatly reduce heart damage;
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous and perform an electrocardiogram (ECG);
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage;
- During transport, EMS can share information with the hospital so that definitive treatment can begin immediately upon arrival;
- Take a CPR / AED course. Training is widely available from many organizations. It's easy and could make a significant difference in the outcome of someone experiencing a cardiac event.