



SPRINGBANK PARK PATTERN

OFFICIAL NEWSLETTER OF THE SPRINGBANK PARK FOR ALL SEASONS



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BEGINNING TO ONCE AGAIN COME CLOSER TOGETHER

Normal routines for everyone, including those of us at SPFAS, came to a very abrupt halt in mid-March. SPFAS facilities were closed to the general public on March 16th. Since then, the SPFAS Board of Directors and Staff have been working together to plan for safely opening all of the Park's facilities in the future. Planning for the "new normal" is a complex process that indeed is a "game changer" for our entire community.

The ice was removed from the 3 indoor facilities prior to the end of March. Since the beginning of April, SPFAS has been working to fund and complete refrigeration system capital replacement and life cycle extension work that can only be done when the entire system is shut down. Completing this work provides assurances and stability with regards to the future operation of the refrigeration system for

these 3 ice rinks. This work is currently projected to be completed so skating rinks will be available in mid-July.

SPFAS has also undertaken many other initiatives to maintain and enhance our facilities. This work will

continue well into July and August. Many of these initiatives are focused on how SPFAS can safely provide facilities to the general public in compliance with new provincial directives and guidelines focused on preventing the further future spread of the COVID-19 virus. We will all have to be united in our collective efforts to have fun, play, learn and socialize in a "new normal" world.



Together we will need to be even more focused on implementing safety measures. We will need to be even more mindful and respectful of others. We will need to be extra patient in conjunction with understanding

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that our activities will, at least for what is likely to be an extended period of time, actually be much different than they were prior to March 16, 2020.

As this is being written, good news from the Province of Alberta with respect to SPFAS once again being able to reopen facilities to the general public is slowly and steadily beginning to arrive. Since the beginning of June, cautious first steps have been planned with our Springbank Soccer Club colleagues to implement provincial directives so the Lions Soccer Park will begin being safely utilized by soccer players commencing in mid-June. SPFAS is also working carefully with baseball groups to determine if they can safely return to the two SPFAS baseball diamonds later this month. On June 9th, the Province issued directives and guidelines for a Stage II reopening that allows for conditional access to indoor recreation facilities. As we continue to move forward, SPFAS will work closely with our partners who utilize indoor facilities (Playschool, Dryland Training Area, Ice Arenas, Community Board Room, as well as the Concession and Lounge) to safely welcome everyone back to these venues. Contact SPFAS to obtain additional information about reopening plans, as well as with regards to scheduling your future facility uses.

We as a community have never been farther apart for such an extended period of time. Social distancing requirements and responsibilities have vastly changed how we have interacted, socialized, played and learned since mid-March of this year. However, SPFAS is now beginning to slowly and steadily return to being the

“home away from home” that serves as the “heart of the Springbank Community”.

As we all continue to do our part to fight against the COVID-19 pandemic, we also need to continue on with our collective efforts to protect everyone in our community. Now that the process of reopening SPFAS facilities has begun, let's be sure to stay together and strive to keep everyone safe as we all adjust to a new way of having fun, playing, socializing and learning. Be safe, be smart, be responsible and be patient. Think of others, provide encouragement, remain positive and stay strong! We here at SPFAS will do the same. We at SPFAS are so very much looking forward to seeing you all once again!



Contributed by John Rop – SPFAS General Manager





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Maureen Louise Munro
(nee Young)

April 14, 1943 – May 10, 2020

Maureen Munro passed away peacefully on Mother's Day, Sunday, May 10, 2020, from complications related to cardiac illness.

Maureen, the eldest daughter of Rex and Dorothy (nee Copithorne) Young, grew up on her family's dairy farm in Springbank, Alberta. As a youth, Maureen was active in 4-H, horseback riding, team sports, and helping on the family farm.

Maureen graduated as a nurse from the Holy Cross Hospital in 1964, then worked at the Calgary General Hospital in pediatrics. She achieved a Bachelor of Science in Nursing from the University of Alberta and subsequently taught nursing at Mount Royal College.

In 1965, Maureen Young married the love of her life, Milo Munro, and shortly thereafter moved to their forever home in Springbank. She embraced a lifetime commitment to agriculture, community, and family. Maureen's family was her greatest joy, and she could always be found cheering for her children and grandchildren at various hockey rinks, soccer fields, football stadiums, horse shows, figure skating carnivals, and band concerts. She particularly loved trailing cattle in the mountains with her husband, kids, and dogs. Maureen loved to cook and entertain guests. She welcomed everyone with a smile and an extra place at her table, and the roast beef dinners and picnic lunches she prepared were second to none.

You could count on finding Maureen on horseback with her trusty camera, gently encouraging her horse to stand still just long enough to get that perfect shot. She was a talented amateur photographer, and her work is a lasting legacy to ranching featured by prominent Western artists on canvas and bronze sculpture. She also enjoyed making leather chaps for her family, as well as silver buckles and jewelry.

A committed and passionate advocate for students, Maureen served as a Rocky View School Division Trustee from 1995 to 2007. Additionally, she was a valued member with the Springbank Park for all Seasons Board and the Rocky View West Recreation Board, contributing much knowledge and service to the community.

Maureen was fun, witty and intelligent. Adventurous in spirit, Maureen enjoyed travel, and her favorite destinations were Ireland and Hawaii.

Maureen is lovingly remembered by Milo Munro, her husband of 55 years; children Shawn Munro (Lynn), Shannon Munro (Ryan Brood), and Corbin Munro (Kari McFarlane); grandchildren Connor Munro, Grady Munro, Avery Brood, Kendra Brood, Lochlan Munro, and Finley Munro; sister Brenda Goode (Will), and brother Gary Young of Perth, Australia.

The family wishes to thank the physicians, nurses, care aids, and staff of the Foothills Medical Centre, Rockyview General Hospital, and Chinook Hospice, for their commitment to her care.

A celebration of her life will be held later this year. If friends so desire, in lieu of flowers, memorial tributes can be made directly to the Heart & Stroke Foundation of Alberta, 200, 119 – 14th Street N.W., Calgary, AB T2N 1Z6 Telephone: (403) 264-5549, www.heartandstroke.ca. Condolences, memories and photos may be shared and viewed on Maureen's obituary at www.McInnisandHolloway.com. In living memory of Maureen Munro, a tree will be planted in the Ann & Sandy Cross Conservation Area.

Contributed by The Munro Family



CANCELLING 'NOT AN OPTION' FOR KIDNEY MARCH 2020



kidney
FOUNDATION

The 2020 Kidney March is going ahead in an exciting new format utilizing the motto that “Failure is Not an Option.”

This will be the 11th year for the three-day, 100 km event that is held every September in the Calgary region. The Kidney March’s route typically passes through the Springbank community during the last day of each year’s event.

Kidney March organizers knew this year would be very different. Marchers will still walk 100 kilometres and they will still each raise a minimum of \$2,200 in the battle against kidney disease. This year, Kidney Marchers will unite virtually across Canada. The 500+ participants in this year’s Calgary March will complete their marches in their own communities. They will start by walking 70 kilometres between August 10 and September 10. Then they will connect virtually over the final three days of the 2020 Kidney March (September 11 – 13) to walk 10 kilometres per day in order to complete the remaining 30 kilometres of their 100 km journey.

“For the safety of our participants, we knew big changes would be necessary. We also knew we could not let our community down by postponing or cancelling our event. For most participants, it is a year-long commitment towards training and fundraising. It is more than a walk, Kidney March means so much to so many, it’s a community of support. We are thrilled by the number

of people who continue to register every day. The support from across Canada is truly phenomenal,” said The Kidney Foundation of Canada’s Laura Fleming.

“With growing economic stresses impacting our kidney community, we need to continue Kidney March. People are counting on us. The funds raised will improve lives, there’s no question about that,” said The Kidney Foundation of Canada’s Joyce Van Deurzen.

Marchers are drawn together because their lives have been impacted by kidney disease. Those living with kidney disease, along with friends and family and health care heroes who passionately support their patients, rally together for this cause. One in ten Canadians has kidney disease or is at risk. Most don’t know it. A person can lose up to 80% kidney function without symptoms. Every day 15 people learn their kidneys have failed. Currently 78% of the Canadians waiting for an organ transplant are waiting for a kidney.

Every year Kidney March makes a huge impact. Last year the March raised over \$1.4M for The Kidney Foundation of Canada. The money raised supports kidney disease prevention, lifesaving research, patient support programs, health education, and organ donation initiatives.

You can learn more and be inspired to register or donate by going to www.KidneyMarch.ca as well as by going to Facebook, Twitter and Instagram: @KidneyMarch .

Contributed by Michelle Hofer - Coordinator, Community Development for the The Kidney Foundation of Canada, Southern Alberta (Email: Michelle.hofer@kidney.ca)





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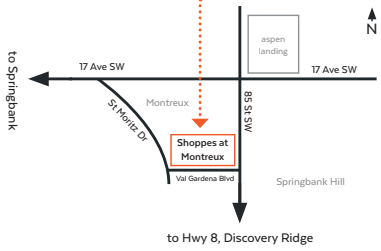
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TREADING IN DANGEROUS WATERS

The last two months have undoubtedly been difficult as we grappled with the unforeseen pandemic of COVID 19. Near unbelievable unemployment rates were forced on us by sweeping

government led business closures all while our food supply chain disrupted and an oil price war commenced. Whether or not the measures enforced were too strong or whether governments all over the world overreacted and overreached is a whole other conversation, but now that the worst is behind us we must decide where we go from here as a province and as a country. We must make a conscious decision to ensure that our post-COVID world is not a socialist one, and that we return to the fundamentals of what made our country as prosperous as it has been in the past: fiscal responsibility, self-determination, free enterprise, and the ability to think critically and believe as we choose. It may sound ludicrous, but one need not look further than Venezuela to be reminded how quickly a thriving capitalist economy can be entirely deconstructed.

We need to get this idea that governments have endless funds to spend out of our heads, and stop calling on our governments to spend as though they do. Every dollar spent beyond budget limitations will inevitably be paid back through high inflation, a largely devalued currency, or crippling taxation on everything we earn, spend, own and enjoy. We need to stop relying on governments to direct our every decision before we leave our houses and start taking personal responsibility for our actions to embrace the natural self-determination that exists in humanity. And we must stop attacking those who think differently than us in an effort to police their thoughts in the name of keeping society protected. All of this behaviour is sending us down a dangerous path from which we may never return.

Canada's government spending has now reached World War 2 levels. 14 million Canadians are living off government income supports after being temporarily forced out of work by the very government that is now

financially supporting them. Revenues have plummeted. Small businesses on the brink of bankruptcy are struggling to attract their employees back to work because they have gotten comfortable living off the monthly government supports. And as citizens, we have entirely accepted and normalized the notion that our personal freedoms can be easily stripped away with no mention of a sunset date.

If we don't begin to renormalize the very values that built this country, I fear we may not recognize it at all once this is finished. My intent is not to singlehandedly target the Federal Government. Truthfully, our Conservative provincial Government here in Alberta has not proven immune to the behaviours that concern me. We did what we believed we needed to do to protect the health and financial security of those living in our province, but that does not mean there will not be unintended conse-

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MLA Miranda Rosin's Constituency Offices

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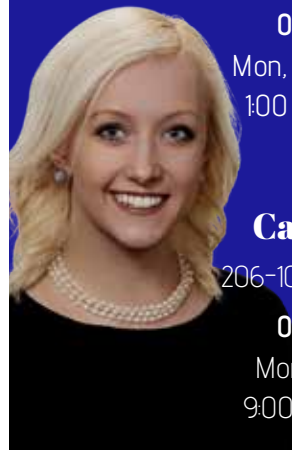
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Monday - Friday
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quences in the future. While it pales in comparison to the nearly \$300 billion deficit that the Federal Government has amassed this year, our Government of Alberta deficit has now peaked at \$20 billion which is 3x that which we initially presented in our 2020-21 budget. As a personal strong proponent of fiscal responsibility and a member of the Legislative Committee for Public Accounts, I always do my best to scrutinize government spending and ensure that every tax dollar spent is spent with purpose, but as

citizens it is important that you also hold governments accountable to their spending. As was so famously once said by Margaret Thatcher, “the problem with socialism is that you eventually run out of other peoples’ money” and here in the year 2020, those words must remain ever as relevant now as they were in 1976. Lest the legacy of our generation be one that devastates the financial capability of the generation to follow, we must swiftly return to the ideals that built this country before it is too late.

SPRINGBANK TRAILS AND PATHWAYS ASSOCIATION

STAPA - Developing a Vision for Community Pathways

During our Covid-19 lock-down period, many local roadways continue to host hundreds of walkers, runners and cyclists as Springbank residents look for local recreational opportunities. We are indeed fortunate to have so much space and beauty in our own community. In many cases, whole families are walking and biking together, as they look for outdoor experiences that provide welcome relief from home-based school and work routines while they enjoy the emergence of Spring. During this period, Springbank’s roadways have been experiencing less than usual vehicle traffic volumes, while also becoming our trails and pathways. Even in residential areas that include pathways, more people than usual are using roadways as links to connect to other pathways.

With the Province beginning to ease lock-down restrictions, many of us are returning to work, but some are not. In many cases, the unexpected success of working remotely from home has opened the door to operational savings and other benefits for both employers and employees. Rather than commuting, many employees are spending much more, or all, of their entire work week at home. Where some individuals previously integrated physical activities into their workdays using pathways and gyms located in downtown Calgary, they are now looking to access recreation and fitness opportunities close to their homes. When schools reopen, there may be fewer students in classrooms, as some families choose to continue with home schooling for their children. The Covid-19 pandemic will leave our community permanently changed in many unexpected ways.

During the past 3 months, many Springbank residents



have reconnected with their community. STAPA believes that trails and pathways are an essential component of a liveable community. A need for more trails and pathways is cited in Rocky View County’s “2020 County-Wide Needs Assessment” Report:

Pathways / Trails – Outdoor pursuits such as hiking, walking, and jogging / running have always had some of the highest participation rates among the population (note: 83% of Alberta households indicated participation in these activities in 2017 and 84% in 2013). With such high levels of involvement, it may not be surprising that pathways / trails, especially those that would enable shared-use activities, was the highest perceived need for new and enhanced amenities within local areas / communities among County Residents. (Page 34)

The important role trails and pathways have in a safe, healthy and active community has been revealed even more clearly through our Covid-19 pandemic experience.

STAPA continues to engage with Rocky View County officials and planners to advocate for trails and pathways on behalf of Springbank residents. The STAPA Board meets virtually these days, however as active community residents, we still encounter one another in passing while out walking, running or cycling (always at a safe distance of course!) We are currently completing the finishing touches on developing our website which, when completed, will help to inform Springbank residents of STAPA’s advocacy work.

Contributed by Kathy Hubbard

KIM MCKYLOR

Rocky View Country Councillor for Division 2



Without even realizing it, my daughter Emily gave me the theme for this contribution to the Park Patter. I love you! These 3 words – They are sometimes said easily, sometimes deeply and sometimes with no thought at all. Even worse, sometime they are not said at all.

For those who don't receive my monthly newsletters, I'll fill you in. I was just completing the last edit of my May newsletter when I stopped for dinner. The newsletter was about ready to go – It just needed to be saved as a PDF document before being sent. What I hadn't realized was that my daughter, who is a known prankster, had added the words "I love you – A Look Back at May, 2020" to the title. She had also written "I love you" in several places on my desk. I'm sure she thought I'd catch that before I pressed the send key, but I didn't and off went the May newsletter. So, for about 400 families, you received my love to you!

At first, I have to say I was quite mortified and I quickly emailed an apology, which was then followed by a stern conversation with my daughter about the importance of all of you and also about not messing with my computer. But most of you straightened me out. You found it funny, you reminded me that I do love Springbank and my community and that I am doing work for you. I received dozens of messages saying how it made you laugh, and lots of comments about the good work we are trying to do here in Division 2. For that, I thank you – You turned what I thought was something quite embarrassing for me into something that left me with some pretty warm feelings!

And that is my message this month. We should all spend a little more time on those things that make us laugh. We should tell people the things we do appreciate about them (even when there are things that make us crazy). We should pull a few pranks every now and then (all in good fun!). My daughter promised never to do that again. I know this is a story we'll be sharing for many years to come.

Many of you may have heard that long-time resident (one of the Springbank originals) Maureen Munro passed away on Mother's Day. Maureen served as a school trustee, a community volunteer, rancher and

was involved in just about everything. She was a tireless volunteer. She was also a sounding board for me. She encouraged me to get involved at the political level and she didn't take any BS from anyone! I will miss her and her encouragement! My very sincere condolences to her entire family.

Council recently voted to removed its opposition to the SR1 project. The full details of this can be found on the County's website, but suffice it to say, I opposed this deal. I believe it is wrong for our community, I believe it will be an environmental nightmare for us and Calgary, I believe there are better solutions that accomplish more. Beyond some road projects, the County will receive \$10M earmarked for you, Springbank, that can be used for recreation, cultural and community.

Finally, as we emerge from the Covid-19 lockdown and regroup, I encourage everyone to love each other just a little more.

Please reach out to me anytime via email at kmckylor@rockyview.ca or via phone at 403-462-9207, or follow me on Facebook to obtain up-to-date information, including details about my contest launched in May that supports our local businesses!

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THE STORY OF A WONDERFUL MAN - MY DAD CORPORAL GREGOR H. PRESTHOLDT

MAY 22/1920 – MARCH 3/2020

As We Battle The Pandemic, Let's Remember The Examples of "The Greatest Generation"

My father was a very kind and thoughtful man who was loved and respected by many people during his lifetime. He died on March 3, 2020 at the age of 99 years, just 19 days short of his 100th birthday which we as a family would have celebrated with him on May 22, 2020. He is very much missed by his family and friends.

I am proud to be his daughter and I am so very appreciative of everything he taught me. Along with my Mom, he gave me the gift of being part of a loving family. My Dad truly loved his wife and all of his children. He demonstrated his love for us in so many different ways. The life he lived has served as an example for me of how to live my life. I learned so much from him by watching him, by talking to him and now that he has passed on, by having taken some time in the past three months to reflect on how he has influenced me and the way I live my life.

Gregor Henry Prestholdt was born in Gvarv Telemark, Norway on May 22, 1920. At the age of 18, he left Norway to live with his uncle in Minneapolis, Minnesota. He worked on his uncle's homestead for a few years before finding a new job working at a bank. His determination and ability to learn a new language on a self-taught basis was a vital step in his progression from working on the farm to acquiring a new job at the bank.

My Dad's adjustment to living in North America was very challenging. The Depression Era was still in effect when he immigrated to the USA in the late 1930's. He knew very few people when he arrived in Minnesota, he had to teach himself English, and he worked very

hard for the little pay he earned. He desperately missed his immediate family who remained in Norway. He scrimped and saved the little money he made, however he used a portion of his earnings to regularly call home to his family in Norway.

By the age of 23, he transitioned to working as an airplane mechanic for North West Orient Airlines. This new job led to my Dad serving in the military as a Corporal during World War II. He taught young pilots the principles of navigational link flying, giving them the skills to "fly blind" while using only instruments to guide their planes. During this time, he was stationed in Edmonton where he served in the Air Transport Command. In addition to instructing young pilots, he flew many missions to Fairbanks, Alaska during World War II to deliver medical supplies and food during the war.

Post World War II, my Dad remained in Edmonton where he worked as a financial advisor for the remainder of his professional career before retiring to live with my Mom in British Columbia.

This overview provides a small sample of how my Dad lived his life. He was willing to seek adventure and make a better life for himself in North America, yet he never forgot about his family overseas in Norway. He persevered through many hardships. Throughout his adult years, he worked hard while always being adaptable and willing to acquire new skills during his career. And he made sacrifices for the benefit of others, as is particularly demonstrated by his military service during World War II.



My Dad is a part of what is commonly referred to as “The Greatest Generation”, those who grew up during the Depression and then also lived through World War II. I am part of the “Baby Boomer” generation, those who have learned so much from their parents about perseverance, determination, adaptability, hard work, giving, sacrifice, loving and taking care of and protecting others, and also about guarding our freedoms.

Just I’ve learned from my Dad’s example of how he lived his life, let’s ensure that we, regardless of what generation we belong to, all continue to remember the wonderful examples of how to live life that have been provided by so many members of “The Greatest Generation” who we know as family members, friends and community leaders. Let’s love, honor, respect and cherish those of “The Greatest Generation” who, in the twilight years of their lives, are still with us today. Remembering, reflecting upon and learning from the examples of how “The Greatest Generation” lived their lives, especially how they persevered and battled through the Depression and World War II, can help us today as we all come together in our efforts to overcome the COVID-19 pandemic.

We are not in the middle of a World War that inflicted harm via guns and bombs in attacks initiated by a visible enemy. Rather, we are battling a virtually invisible pandemic enemy that is inflicting harm in a way that was last experienced on a world wide basis more than 100 years ago during the Spanish Flu pandemic that began in 1918. The COVID-19 pandemic has taken so many lives and caused so much grief. Our thoughts and compassion need to be with all those who have suffered the losses of family members and friends. We need to fight this pandemic battle together in unity. May we stand strong together, six feet apart, as our hearts are collectively united as one!

Due to COVID-19 isolation restrictions, I never got to say a final “goodbye” in person to my Dad prior to his passing. In lieu of not being able to verbally do so, this tribute to my Dad is one way I can tell him and others how much I appreciate how he loved me and how he lived his life as an example for me and for so many others. Many of us know people of “The Greatest Generation” who are alive today. While they are still with us, take some time to let them know they are loved, respected and cherished. Thank them for their examples of how they have lived their lives. And tell them that you so appreciate what they have done that helps us today in our efforts to overcome the COVID-19 pandemic.

Contributed by Lynda Gilchrist, Elbow Valley Resident

INSPIRATION FOR SPRINGBANK

I recently came across this unique piece of COVID-19 inspired street art in Springbank. It was put together as part of an online school project. A family of six members all participated in creating it. This art is on display at the end of their home’s driveway for passersby to enjoy.

Contributed by Shirley Tajcnar



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Kiyooka Ohe Arts Centre

Hey Neighbours! Let's connect! (from a safe distance, of course.) The KOAC Programs Advisory Committee has been collaborating with the Springbank Community Association to **develop interactive online creative workshops**. Building on successful workshops by artists James Ziegler, Patricia Lortie, and KOAC co-founder and renowned artist Katie Ohe, CREATE WITH KOAC will combine project kits with interactive video conferencing to recreate in-classroom one-on-one experiences. Our goal is to connect you and others in our community to contemporary artists in a way that gives insights into their creative practices and processes as a part of fulfilling KOAC's mission to present and celebrate contemporary art to all audiences. The first three online workshops we plan to launch are:

Ziegler Tiny Art: KOAC Resident Artist James Ziegler will provide a hands-on experience of playful exploration to create small three-dimensional works using laser cut paper patterns. James will demonstrate all the steps, provide guidance and receive feedback during a live webinar.

Patricia's Wild Weave: Local Artist & Educator Patricia Lortie will bring people outdoors to connect with nature. Patricia will guide her grass weaving students in a video that takes people on a short walk through an area to find wild grasses and she will also provide a grass weaving demonstration.

Katie's Cut-Ups: Taking inspiration from Katie Ohe's successful youth collage workshop, this project uses shapes and colours found in her silkscreen print series. With Katie's guidance, participants will work with coloured paper, two-dimensionally, and gain insight into how ideas and artistic expectations are developed and resolved.

Participants will be invited to share their works with the community in KOAC's virtual gallery after each of the three workshops. We hope to launch these workshops very soon.

We're Getting Ready to Open to the Public: KOAC's site includes a Sculpture Park, Exhibition Space, Artist Studios and a Nature Reserve that are all located at 244034 Horizon View Road in Springbank. With the weather warming up, we all feel the need to get outside. We're expanding our parking area and shaping a winding pathway that will meander through the Sculpture Park and Nature Reserve. **Starting in July, we'll offer** guided tours for small groups. Eventually, the community will be welcome to visit the Park any time during open hours, for self-guided art-in-nature experiences.

We Need Your Help: Consider making a donation to KOAC through the Great Canadian Giving Challenge at www.canadahelps.org/en/givingchallenge. **During June, every dollar donated to KOAC via this website gives us a chance to win \$20,000!** Help to provide programming for our community, schools and underserved groups, or help build much-needed infrastructure at the Centre. Help create a cultural legacy in Springbank. You can donate anytime via www.canadahelps.org/en/charities/k-o-arts-centre-society-of-calgary/. All financial contributions are very much appreciated. If you'd like to donate your time, we're always looking for volunteers. For students, this is a great way to build up volunteer hours. For all, it's a wonderful way to give back to the community and spend time around art in nature – a double helping of nourishment for the soul!

If you'd like to volunteer, become a member, or sign up to receive KOAC news updates, go to <https://koartscentre.org> or send your email to info@koartscentre.org. You can also learn more about KOAC on Facebook and Instagram.

Contributed by Claudia Weigelsberger - KOAC Board Member and Programs Chair (The KO Arts Centre Society of Calgary is a registered charitable society. CRA Business Account # 833914955 RR001)

RACHELLE KEARL ART

The Story Of A Girl And Her Art

It all started when I was 5. I was an artist, and if you lived at my house you got an invitation to my “gallery” in my bedroom, shared with my sister. My mother claims that she helped me become an artist by depriving me of colouring books. I only got plain paper, haha!

When I was 25 (and broke), I furnished my home with garage sale finds, up-cycled furniture (even painted a couch once!) and created my own art. The saying is true – Necessity is the mother of all invention. For me, surrounding myself with beauty and creativity is a necessity – I found I needed art, and needed to make art.

Fast forward to 2004 and my family’s move to Springbank. I joined the Springbank Creative Arts Club and sold my first ever paintings on canvas at the Springbank Christmas Market. My favourite part of that show is selling locally, and feeling

the support of friends and neighbours.

Another love of mine is working with children. I became a preschool teacher and taught at the Springbank Playschool starting in 2012. I learned from observing – Sometimes we have to peel back the layers of adult inhibition, and create more joyfully like children do! I guess you could say I also left my mark – If you walk by the Playschool, you will see different murals that I painted by the front entry!

In my art, I choose bright colours and expressive brush strokes to convey a feeling of joy and positivity. I choose to paint in a way that feels unique and true to myself. Wildflowers are a common theme in what I convey – They leave me in awe as I contemplate their beauty springing up after months of winter!

I am currently looking into spaces where I can teach classes/workshops, based on my own personal art making. If taking lessons appeals to you, please reach out so I can add you to my contact list. My philosophy is very similar to that of the Springbank Playschool where I



taught – “learning through play” and always asking “what if?”. You learn to build a skillset, and find your own voice based on exploring and experimenting within a few guidelines. If you loved creating as a child, and have maybe lost that, I would love to help cultivate that joy of creating within you again! Please contact me at rachellearl@gmail.com if you are interested in attending a class or workshop!

I guess that little girl somehow knew where she would be years later! I still hang my own art in my home, and I also have an online gallery at rachellearlart.com. You can also follow me for weekly works in progress on my social media accounts: Instagram/Facebook: [rachellearl_art](https://www.instagram.com/rachellearl_art).

As an artist I say “thank you” to all of you art enthusiasts out there! There is an artist out there for everyone! I love what I do, and it is an honour for me when someone chooses one of my pieces to hang in their home!

*Contributed by Rachele Kearl,
Springbank Local Artist*



SPRINGBANK HERITAGE CLUB NEWS

Nothing is happening these days inside our beautiful Springbank Heritage Club facility (located at 244168 Range Road 33). However, lots has been going on outside. We extend an appreciative “thank you” to Club Members Flo, Bev and Joyce who are maintaining our spectacular perennial flower beds and borders. We also extend our appreciation and thanks to Gerry and Peter who have rebuilt the raised border on the east side of the facility without unduly disturbing the plants. Club Members are very much looking forward to seeing the many plants in these flower beds soon being in full bloom.

We are all missing our weekly get togethers at the Club, when we sing, play cards, shoot pool, make music and enjoy socializing together. However, there is an upside to this isolation mode we presently find ourselves in. We’ve all been given time to step back, slow down, appreciate our beautiful neighborhood and



enjoy interesting things happening around us which we might not otherwise have noticed during our busy “pre COVID-19 lives”. I’ve had the time to enjoy the robin, who despite all our efforts to help it, has been in a constant state of warfare the past month with its own reflection in our home’s living room window. And I’ve also admired a pair of northern shoveler ducks who have made a home on our local pond.

A while back SPFAS General Manager John Rop made a generous offer of help from himself and his staff to any of our Club’s Members who might be needing assistance during the pandemic. I don’t know if any or our Members requested help, but this kind and generous offer on behalf of SPFAS is certainly appreciated. We’re all in this together and hopefully we’ll all get out of it together. Let’s look forward to good times coming our way. Stay safe!

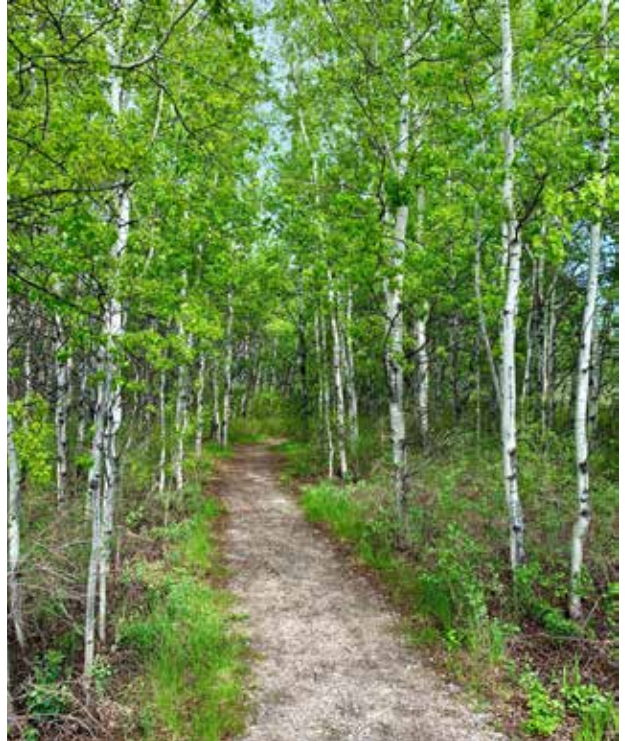
Contributed by Shirley Tajcnar

The Wonders of Nature

Where Will Your Journey Take You?

Spring is finally here and summer is soon to follow! Now that we are slowly and steadily able to get out more as a result of the projected decline in the impacts of the COVID-19 pandemic, go outside and explore our community. Venture on to that pathway, road, or trail that you’ve always wanted to, but have never taken the time to explore. Enjoy nature wherever you live, whether close to this trail in Elbow Valley where I live, or other elsewhere wherever you live in Springbank. Be safe and be well!

Contributed by Lynda Gilchrist



**After 3 months stuck at home, maybe
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Some of our recent Springbank listings:



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WESTLIFE CHURCH HERE TO SERVE THE COMMUNITY

Westlife Church is a diverse and family oriented church located in Springbank. We want to share God's love and hope with our community. We know that the current situation is hard on many families, so we have launched our Westlife Cares Campaign which assists people who are self-isolating, quarantined, or need a little extra help. We have a huge volunteer base ready to assist you by running errands for you, talking to you, or praying with you. If you are curious about Westlife Church, you can join us for one of our online 10:00 a.m. Sunday worship services, or visit www.westlifechurch.ca. We are a welcoming and friendly church. There is always room for you at Westlife!

Contributed by Helen Erasmus – Westlife Church Office Administrator (Email: heleen@westlifechurch.ca)

SELF-ISOLATING? QUARANTINED?

Let us Help!



- If you are self-isolating due the Coronavirus, or feeling concerned, we're here to help.
- If you need assistance with running errands, picking up groceries, or anything else, please call.
- We take every precaution to ensure we spread only kindness. No strings attached.



westlifechurch.ca 403-242-3431



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Berdeen Ross DVM • Michael Sweet DVM
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Please note there is **FREE UNDERGROUND PARKING** in designated areas of the parkade downstairs. The entrance is at the Southwest side of our parkade.

The **PARK PATTERN** is the bimonthly newsletter of the Springbank Park For All Seasons, and is distributed free-of-charge to all residents of Springbank, Redwood Meadows and Elbow Valley (circ: approx 4,200 homes) — all T3Z postal codes. Subscriptions are available at a cost of \$50/yr. Managing Editor: John Rop.

SUBMISSIONS & ADS should be directed to Quick Print Graphic Services (Attn: George Vanderveen) 403-242-3113 info@qpcalgary.com

DISCLAIMER The opinions expressed within any published article, report, submission or ad are those of the author, & in no way reflect the views of the Springbank Park For All Seasons Agricultural Society, its employees, volunteers or board representatives; or Quick Print Graphic Services & its employees.

AD RATES Ad rates are available upon request. All ads must be paid for at time of booking. Full colour is available for an additional charge. Ad bookings are subject to availability; ad rates are subject to change.

NEXT DEADLINE August 14th for editorial content (contact John Rop, SPFAS General Manager). August 14th for ads (contact George Vanderveen) 403-242-3113 for delivery mid September.

SPRINGBANK RECYCLING DEPOT UPDATE

Rocky View County's Springbank Recycling Depot has temporarily relocated to the parking lot of Westlife Church, which is located at 32242 Township Road 245 (on the east side of Range Road 33 across from Calaway Park and the Springbank Middle School).

Materials accepted at this interim site include metal, glass, cardboard, newsprint, and mixed paper. All recyclables need to be separated and deposited in the proper bins.

Branches, grass and other yard waste will not be accepted at this temporary site. The yard waste program will return when a permanent location is ready. In the meantime, please use the Cochrane EcoCentre (<https://www.cochrane.ca/250/Eco-Centre>) or the Bragg Creek

Transfer Site (<https://www.rockyview.ca/CountyServices/GarbageRecycling/GarbageRecyclingCentres/BraggCreekTransferSite.aspx>) to dispose of these yard waste materials. Please refer to the above noted websites to obtain information about location, hours of operation, material preparation and volume limits.

When a new permanent location for the County's Springbank Recycling Depot is confirmed, related updates will be provided at www.rockyview.ca, as well as through the County's social media channels. If you have any questions, please send your email to questions@rockyview.ca or call 403-230-1401.

Contributed by Rocky View County Utility Services and Communications Departments





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For All Seasons**
Agricultural Society

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- 403-242-2223, ext 22; rentals@springbankpark.com





SPFAS Ice, Outdoor Rink DryPad / Drypad Area Soccer/Football/ Baseball Field Rentals

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- 403-242-2223, ext 22; rentals@springbankpark.com

www.springbankpark.com




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THANK YOU TO SCHS PRINCIPAL JEFF CHALMERS

Congratulations to Springbank Community High School (SCHS) Principal Jeff Chalmers, who recently has been seconded by Alberta Education to serve as a Field Services Consultant. Principal Chalmers' smiling face has been around SCHS since the fall of 2016, when he came to the Phoenix from Muriel Clayton Middle School in Airdre. He is a life long Rocky View Schooler, including attending Crossfield schools as a student while growing up.

Principal Chalmers quickly adapted to the role of Lead Phoenix while always demonstrating his enthusiasm and great humour. Among his many accomplishments, he brought curling back to SCHS - with 60 students participating this past school year! He has endured various student hijinks, including senior skip day, senior pranks, campouts, parking wars and the annual water fight, always with his grin and familiar "don't be that kid" attitude. He was well respected and well liked by our students, parents and staff alike.

Principal Chalmers brought SCHS staff and students together as a strong team. During the past few months, he has ensured the Phoenix Family stays in contact (while social distancing). His efforts during this time have included challenging staff and students to stay connected via our on-line Lip Sync challenge and leading the High School's creative graduation initiative, featuring a "drive-thru grad" held on June 16th and 17th.

We will miss your smiles, bowties, jelly beans and constant encouragement, Mr. Chalmers! All the very best with your future endeavours!

Contributed by Springbank Community High School's Administration



SPRINGBANK COMMUNITY 2020 HIRE A STUDENT PROGRAM

Creating Opportunities to Help Each Other Out While Being Safe

Are you a Springbank resident looking to hire a student to complete yard maintenance tasks, run errands, watch a house while you are away, tend to pets, babysit, drive individuals to appointments, or provide other services? The Springbank Hire A Student Program is available to all residents of our community. It can be particularly beneficial for seniors looking for some help with keeping up their acreage properties.

Are you a student within the age range of 16 – 24 who is looking for part time work located within the Springbank Community?

SPFAS is willing to assist Springbank Community residents looking to hire paid temporary spring and summer help. SPFAS is also willing to assist local high school, college and university students interested in earning money this summer by taking on various tasks on either a one time or on an ongoing basis during the months of July and August.

Via this Hire A Student Program, SPFAS will strive to create safe mutually beneficial arrangements that match up Springbank homeowners with local students. If you are interested in participating in this initiative, send an email to SPFAS (jrop@springbankpark.com), or call 403-242-2223 (Extension 21). SPFAS is pleased to support our community by providing this complimentary service.



Contributed by John Rop, SPFAS General Manager





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SPRINGBANK WILDLIFE

BIRDS OF A FEATHER PROMINENTLY FEATURED

Thankfully birds and other wildlife living in Springbank are immune to the COVID-19 pandemic. Enjoying watching the wildlife we have in Springbank gives us some sense of normalcy. At this time of the year with Spring transitioning into Summer, there is lots of wildlife activity in our community for us to observe.

Brian Robb has shared a terrific series of bird photos he has recently taken of Cedar Waxwings, a House Finch, a Baltimore Oriole and a Western Tanager.

This Spring, Rosanna Desautels has thoroughly enjoyed watching a trio of Great Horned Owls (owlets) grow up and learn how to fly – Truly an amazing experience to have right in one’s own backyard! She has also contributed her wonderful photo of a Blue Jay that has been hanging around her place.

Peter Flach has contributed his photo of a male and female pair of American Goldfinches he discovered in the trees at his home.

Thanks to Arlene Rop, we can enjoy the photo she took of a large herd of deer grazing in a field just as the snow was finally all melting. (We have to include at least one photo of other wildlife besides birds in this Newsletter!)

Thanks to the Springbank residents who’ve shared their locally taken photos! If you would like to share bird and other wildlife photos you’ve recently taken in Springbank, email them to jrop@springbankpark.com.

Contributed by John Rop – SPFAS General Manager







SPRINGBANK

Figure Skating Club



In spite of a shortened figure skating season, a number of our Club's skaters received significant awards while achieving outstanding milestones in their skating. In particular, the Springbank Figure Skating Club warmly congratulates Grace Johnson, Baillie Collins and Kennedy Bond for earning the Quad Gold Award. This recognition is given to skaters who have successfully completed specific senior level requirements in the disciplines of Free Skate, Dance, Skating Skills and Interpretive Dance. This is a distinguished award that few skaters receive. Winning this award is a real testament to their efforts to excel as skaters. Congratulations once

again to Grace, Baillie and Kennedy!

While skaters wait anxiously to return to the ice, they are continuing to train off ice as they retain and build their conditioning, flexibility and stamina. One small silver lining of the COVID-19 pandemic involves many international coaches and Olympic skaters having the time to participate in Zoom Video Sessions, where they offer their expertise and mentorship to our skaters. This has provided our skaters with motivation and inspiration to keep their spirits up and their bodies in top shape.

Contributed by Dianne Gereluk



What a strange way to end the school year! The Springbank Playschool closed in mid-March, along with the rest of the schools in the province. Although the Playschool's teachers and students no longer were able to see each other in the classroom, both of teachers went online to provide the students with various activities, challenges and story times.

At the end of the school year, we said "goodbye" to our beloved Miss Rachel! Along with being an incredible teacher to the students, she also helped make the Playschool a more beautiful and welcoming place with her artwork. We wish her all the best!

We welcome Miss Kim, a former Springbank Playschool board member and parent, as our new four-year-old program teacher who will be in the classroom this coming fall. We cannot wait to see what new ideas she has for our Playschool!

Although the future currently remains unclear with respect to reopening the Playschool in compliance with provincial government pandemic directives,

we are presently hoping and planning for a return to the classroom in the fall. Over the summer, we hope our students stay healthy, enjoy quality time with their families, run around outdoors and continue to learn through play. Check out our Facebook page for activities and resources if you are looking for ideas to keep them occupied this summer.

To register a student for one of the upcoming school year's programs, you can visit the Playschool's website at www.springbankplayschool.ca, you can send your email to delaneykaminski@gmail.com, or you can call 587-897-7562. We currently have openings for new students in both the Playschool's four-year-old and three-year-old programs. Our classroom is located on the second level of the Springbank Park For All Seasons.

Contributed by Delaney Kaminski



SPRINGBANK SOCCER CLUB

The Springbank Soccer Club's mission is to develop and inspire individuals through soccer. To accomplish this, we program and focus all of our activities on a "player first" approach.

Established in the community as Springbank Minor Soccer Association over 25 years ago, we have grown and developed into the Springbank Soccer Club. While we primarily service the Springbank area, we also have players from Bragg Creek, Cochrane, Canmore and Calgary registered with our Club. We continue to be a relatively small Club that includes a Grassroots Program of approximately 250 players from ages U4 - U12, as well as a City League Program of about 250 players from ages U8 - U19 who play on Springbank Teams participating in CMSA Leagues. We also have a base of referees who we are developing. And we continue to focus on coach education being an important aspect of our Club.

During the shut down arising from the COVID-19 pandemic, we have tried to remain transparent and put families who have registered their players with the Club first. After the past indoor season was shut down, we offered 3 refund of players' registration fees options to them. We certainly appreciated many of these families having chosen one of the options that has helped the

Club to stay functional and sustainable during these difficult times.

As this is being written, we have recently had some positive communications with the Alberta Soccer Association and SPFAS regarding steps to get our players back to training on outdoor soccer fields. Hopefully when you are reading this, by then we will have been able to communicate with all of you about offering some type of training that includes protocols to keep everyone safe and active. Things may be different from what we have been used to, but in these changing times, it is important to adapt.

We don't currently know how the next indoor season will be structured. However, we are certainly looking forward to, in the near future, getting all the players who love this wonderful sport back out on the outdoor fields playing once again.

If you have any questions, concerns or comments, please feel free to email Club General Manager Vance Alexander at info@springbanksoccer.com. You can also obtain more information by visiting the Club's website (<http://springbank.powerupsports.ca/home/?>).

Contributed by Vance Alexander - Springbank Soccer Club General Manager



U15 Girls Final Four Champions



U15 Boys Final Four Champions

CONSIDERING GLOBAL?
We are still accepting applications in Calgary, Okotoks, Airdrie, Springbank and Prince Albert for September 2020!
Book a Zoom info call with one of our coaches by emailing info@globalsportacademygroup.com and hear about our new pricing!

Global Sport Academy is proud to partner with the Springbank Park For All Seasons in fuelling passion and opportunity in academics, sports and life for your athlete. We are now running programs in the Springbank Area for Grades 7 - 12 at both the Springbank Middle School (hockey) and the Springbank Community High School (hockey and golf). We have limited spots left and awesome groups set to go for next fall!

*Contributed by Paul Bradley, Manager of Operations, Global Sport Academy Group, Office: 587-430-0444 / Cell: 587-893-1321
Email: pbradley@globalsportacademygroup.com, Web: www.globalsportacademygroup.com*

The Springbank Creative Arts Club's mission is to encourage the development of arts and crafts within the Springbank community.

A lot has happened since this past March that has turned our world and lives upside down. But the grass is green and nature is showing signs of new life and summer beauty. I hope the slowdown caused by the COVID-19 pandemic has given us time to reflect about different aspects of our lives, including enjoying living in the homes and the community we are in without taking where we live for granted. The pandemic has impacted the mental and physical health and well-being of many individuals and their families. It has also led and contributed to many people experiencing adverse financial impacts. I hope everyone is coping and has faith that, this too, will pass. Many thanks go out to those who are working so very hard at keeping us all safe.

The Club warmly welcomes new members. We are looking forward to welcoming several women as new members after we are able to meet again. We are delighted to have these ladies join us! We have plenty of room for some gentlemen to join us as well. Bring along your latest creations (Show & Tell) to share with the group. Do you have a craft idea that you would like to share with the group? Send your email, including related details, to yjo999@gmail.com and then we will



see if there is interest in presenting your item to the Club's members at a future meeting. We are a small but very enthusiastic group. The Club provides great opportunities to meet artists, artisans and other crafters who live in Springbank.

The Club has several executive positions available on its Board which can be filled by members in 2020.

If you are an organizer or decorator, or if you have some skills which can be utilized as you serve on the Board, please let me know by sending your email to yjo999@gmail.com. Please contact Janice (send your email to janice3lambert@gmail.com) if you would like to ask to have new business items introduced at future Club meetings (dates to be determined).

If we are able to host our Annual Fall Sale in November, it will be held at the Eden Brook Reception Centre (located at 24223 Township Road 242 in Springbank) on November 7th & 8th, 2020 (plans to host this event are tentative at this time). To obtain more information about this event, or about acquiring a Club membership, send your email to yjo999@gmail.com. Follow us on facebook.com/springbankchristmasmarket.

Stay safe everyone!

Contributed by Yvonne Bamlett, Springbank Creative Arts Club

The advertisement for Quick Print Graphic Services features a yellow background with a circular graphic element on the left. The logo consists of a stylized 'Q' with a circular arrow inside. Below the logo, the text 'Quick Print GRAPHIC SERVICES' is displayed. To the right, the website 'WWW.QPCALGARY.COM' is shown in a bold, black font. Below that, the text 'COVID-19 PRINTING' is followed by a list of services: 'SIGNS, FLOOR SPACING DECALS, BANNERS, DIRECTIONAL ARROWS, SANDWICH BOARDS & MORE'. At the bottom, the phone number '403.242.3113' is presented in a large, bold, black font.

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RCMP UPDATE

Here's one from renowned comedian Ronnie Corbett that I have customized for your reading pleasure: "The perfect crime was committed last night, when thieves broke into the Cochrane RCMP Detachment and stole all the toilets. Police say they have absolutely nothing to go on!" (Note: No one actually broke into the Cochrane detachment!)

I want to say "thank you" to everyone for following the Province's COVID-19 prevention measures. It has not been easy, but we have all worked (and continue to work) through these extraordinary times together. This is a time to band together and respect everyone.

The Cochrane Detachment continues to be closed until further notice. To obtain assistance from the RCMP, you can call the complaint line (403-932-2211) to either arrange to meet with a RCMP representative, or to deal with your complaint over the phone. We appreciate the patience that everyone has demonstrated so far. We also ask that you continue to respect social distancing guidelines should you need to come to the Detachment.

The months from June - August are a time to focus on avoiding impaired driving, as well as on being aware of new drivers on the roads. In addition, vehicle drivers also need to be on the look out for cyclists occupying the roads during the summer. It is important to share the road, particularly in conjunction with being aware of the many cyclists who ride in Springbank. Along with the motoring public needing to be aware of cyclists, those in Springbank who are cycling on the roads need to be riding single file while also respecting other the rules of the road. Together, the roads can be a safer place for both vehicle drivers and for cyclists.

Springbank residents are encouraged to continue to Observe, Record and Report. Everyone can be diligent



with respect to watching out for suspicious activities in our community, as well as for drivers who may be impaired. Thanks to some individuals having recently calling the RCMP about suspicious activity they observed, we recently dealt with some vehicle thefts, which in turn led to the related investigations turning into larger more in-depth files. Springbank residents are encouraged to keep this up and watch out for each other!

With the easing of pandemic restrictions throughout the Province, people now are more out and about. As a result, we are seeing higher volumes of calls requesting all kinds of RCMP services and support. Call the RCMP if you require any assistance, or have a suspicious activity to report. Have a safe and healthy summer!

Contributed by RCMP Constable Clayton Gelinas - Cochrane Detachment

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RURAL CRIME WATCH TIPS

We intend to continue to make Springbank a great community. We as a community and as individuals can make a big difference with deterring crime. As we interact with other people, we need to continue to uphold our rural values of being friendly and open with each other while also being wary, informed and assertive with regards to addressing suspicious activities.



Rural Crime Watch has traditionally focused on preventing and addressing physical property thefts. With global digital connections, many criminals use phones, computers and lurk on the internet. They attempt to connect, engage and mislead in order to steal money and other valuables. Some theft schemes are related to the COVID-19 pandemic (go to the Canadian Antifraud Centre website: <https://www.antifraudcentre-centreantifraude.ca/features-vedette/2020/covid-19-eng.htm>). Be vigilant with using and protecting your phone and computer.

We appreciate the increased attention and resources our governments are allocating to address rural crime. By communicating promptly with our RCMP colleagues when we observe suspicious activities, we can help them utilize these additional resources as they monitor activities in our community, suggest preventative actions that can be taken and investigate crimes that

have been committed. Suspicious activity updates (tips) received from residents are very valuable to the RCMP. Tips are organized by date, area, vehicle description and type. This data is then readily flagged against other incidents with similar key features. Often incidents lead to patterns which help locate or predict criminal activity. When reporting a tip about a suspicious activity, provide as many details as you can. Look

intently for suspicious activity while driving, use your smart phone to take pictures, check security cameras and share alerts and other information with mutual support groups and neighbours via email and social media. Let's continue to enhance the eyes and ears of the police by having residents assist them. Residents are the first line of security for a community. Help send the following message to potential intruders and thieves: Beware – Springbank residents are informed, prepared and connected in their efforts to deter crime.

Contact Rural Crime Watch via email (info@cfparcw.ca) if you wish to obtain assistance with organizing an effective mutual support group. You can also obtain additional information about Rural Crime Watch by going to [www.https://cfparcw.ca/](https://cfparcw.ca/).

Contributed by Jim Willson – Rural Crime Watch, Cochrane Foothills Protective Association

SPRINGBANK RAWHIDES 4-H CLUB

Like so many other organizations, since March of this year, Alberta 4-H has had to cancel or postpone many long standing programs and activities, including 4-H public speaking competitions, achievement days, livestock sales, provincial highway cleanups, summer camps, as well as our amazing 4-H On Parade event held annually in May at the Calgary Stampede grounds. In addition, all of the Springbank Rawhide Club's meetings and clinics are cancelled for the remainder of the current 4-H year.

To offset these cancellations, Alberta 4-H has provided some amazing "behind the scenes" online programming for 4-Hers across Alberta. This initiative has helped to retain 4-H as a vibrant part of the lives of 4-H'ers who belong to our Club and other Clubs throughout the Province. Alberta 4-H is also planning to provide new programming that will be available this fall for the 2020 - 2021 project year, which is currently scheduled to start on October 1st. To obtain more information about 4-H, go to the Alberta 4-H website (www.4h.ab.ca).

The Springbank Rawhides 4-H Club is currently

very much looking forward to starting to meet once again early in October (the first meeting date is still being determined). Our Club's meetings are held at the Springbank Equestrian Park (25 Robinson Road, Calgary). Our Club's current projects include Equine, Canine, Exploring 4-H, Calligraphy and Life Skills (which this year included guinea pigs). We are also open to adding new projects to our Club beginning in October. If you are interested in joining our 4-H Club, or want to learn more about the opportunities 4-H has to offer, you are welcome to come to this meeting.

To obtain more information about the Springbank Rawhides, including the date of our Club's meeting, send your email to Normaans-loos@gmail.com. Have a great summer, and stay safe!

Contributed by Jennifer Sadownyk





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