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# GENERAL MANAGERS'S UPDATE



February is upon us, and our big SPFAS's renovations / facility enhancement project is now finished and behind us, and you will be able to reap the benefits of now having both of our Arenas (Red Dutton & Joe Phillips) operating and taking Ice Bookings all-seasons / spring and summer.

We would love to see the Arenas busy this spring and summer, and as you see on this Park Patter's Front Cover, we have seen some great hockey events, training and games played here so far this winter.

For those of you who might be unaware as well, we also have some very fun / good exercise 55 + Shinney Hockey currently running Wednesday mornings from 10:15 - 11:30am, and we have a Parent and Tot's Skating program currently running Tuesday mornings.

Our Indoor Ball Facility is gearing up to open again for Bookings in April; Football, Baseball & Soccer Field

rentals are back online for May, and our Beach Volleyball Facility usually gets going early June.

Cheers

Todd Muir, General Manager



# UPCOMING ACTIVITIES & NEW HAPPENINGS



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## MEET THE STAFF

This edition continues introducing our highly valued SPFAS staff members. Alice Tinoy has been with SPFAS for close to three years now, and her friendly, outgoing and good sense of humour personality, has made her a great (always willing to help out wherever needed), hard working team member. Alice is the Park's Full Time Custodian, and she busily keeps all the common areas of the facility in clean condition. She also helps the lounge crew out weekly, when now elevator travelling up and operating our heavy-duty floor scrubbing machine. It used to be quite the load, carrying it up on her back in the past, but Alice never complains. When you don't see her at SPFAS, she can be found bombing around Cochrane in her Mazda, taking her 3 kids here and there; spending time around Canmore and Banff, enjoying down time walking her Cocker Spaniel Sam in Cochrane, visiting dog parks & it sounds like pulling him out of any body of water. Alice also enjoys playing her favourite world of Warcraft online video game.



Alice Tenoy & Her Son



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# ICE BREAKER LOUNGE



The Springbank Ice Breaker Lounge is built on a vision to be more than a lounge, but a place where our community wants to gather and enjoy spending time. They have created a unique welcoming atmosphere and inclusive culture while offering a diverse selection of refined but comforting pub-style food along with exceptional drink experiences. Their main goal is to make you feel at home when you come to the pub. Happily embracing the farm-to-table concept by favouring and showcasing local farmers, ranchers, and producers on the menu. At the Ice Breaker Lounge everyone is treated like family, including our staff, patrons, suppliers and partners.



Contact@Springbankicebreakerlounge.com



2022 has been a productive 4-H year so far. After our initial deep freeze, we have started to ride more indoors at Twin Valley stables where some of our members board their horses. We went to Kamp Kiwanis from Dec 31-Jan 2 to a camp for Jr and Int members. A communications club was held on January 28th and the top 2 members from each speech and presentation categories competed at the Rockyview Area 1 competition on February 12. Winners from this competition will go on the Rockyview District competition in March.

With COVID rules relaxing; members, parents and leaders are all excited about the upcoming 4-H on Parade which is a 3 day show at Calgary Stampede grounds May 26-29, 2022. This regional event showcases show and sales for steer and sheep projects. We also have a heifer show, sheep show, horse show and canine

show and lifeskills competitions including a silent auction of products made by members. Many of the 4-H clubs across Canada have become multi clubs which provide projects interest in many areas. Some projects also being showcased at 4-H on Parade include canine, photography, crafts and sewing, foods, small engines and welding.

4-H Clubs start their new year Oct 1 of the current year. We will be looking for new members, ages 9-21, parents and additional leadership in the Springbank area. Projects we offer currently are equine and canine. We have also had numerous other life skills projects in the 35 plus years we have been operating in Springbank. Our home base is the Springbank Equestrian Park on lower Springbank Road. We have 1 business meeting per month plus additional project meetings/clinics based on projects.

For more information on 4-H, see 4-H Alberta web site, or contact Norma at [Normaansloos@gmail.com](mailto:Normaansloos@gmail.com)

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In the world of curling, we are in one of the most exciting parts of the season. With the Scotties just completed, the Olympic games underway and then the Brier being hosted in Lethbridge, there is plenty of competitive curling to keep us entertained. Here at Springbank, we are fortunate to have plenty of leagues for everyone from the well-seasoned through to the junior curlers, and busy down the home stretch of the season!



### SATURDAY FUN LEAGUE - DROP IN CURLING

Drop-in Curling is on for the last night on March 12 at the Springbank Curling Club. This is an opportunity to try out the sport, play a regular game or try Mixed Pairs curling and you don't have to be a member of the curling club to participate. Registration is from 6:30-6:55pm, and curling ice times will be 7-9 pm. Curling equipment - grippers, sliders and brooms are available for use, free of charge. Drop-in at \$20/person (cash only)!

Follow the link on our website to reserve your spot.

### LADIES OPEN BONSPIEL

The annual Springbank Ladies Open Bonspiel was held on Jan. 14-16. The bonspiel was full with 24 teams representing various clubs from Calgary and other areas of the province.



It was a weekend of great curling and good sportsmanship with the curlers thrilled to once again be participating in a bonspiel. Everyone had an entertaining evening at the Saturday banquet "Black & White with a Splash of Color", complete with several creative team costumes. The women were treated to tasty appetizers and a delicious chicken dinner including dessert, catered

by our Springbank Ice Breaker Lounge.

Congratulations to our Winners:

A Event: Dupont Team (Lethbridge Curling Club)



B Event: Foster Team (Various clubs from Calgary)

C Event: Salyn Team (Calgary CC)

Notable mention: 2 teams from Springbank

made it to the Semi-Finals, Masse Team and Tuor Team. Well-done Teams!

### READY TO ROCK

We were excited to welcome Ashton Skrlík, Lead from Alberta's up and coming Skrlík ladies' team to a Free Try-it Event on January 29th. Ashton shared her recent experience in the Alberta Scotties in Grande Prairie and led a two-hour introduction to curling for our new young curlers.



The kids got to try a little of everything from throwing a rock, sweeping, and scoring and even learned little bit of strategy. They too left with stories about their first rocks thrown and swept. A few even said, it was a little harder than it looks, a sentiment uttered by even the most experienced!



For further information about curling at Springbank, please visit our website at [www.springbankcurling.com](http://www.springbankcurling.com) or email us at [springbankcurlingclubcalgary@gmail.com](mailto:springbankcurlingclubcalgary@gmail.com)



# MIRANDA ROSIN, MLA

Banff-Kananaskis

Banff.Kananaskis@assembly.ab.ca



With the onset of 2022, many of us will look back on 2021 as the year we wish never was. Our province and rural communities endured a lot. Soaring viral case numbers and responsive policy decisions strained our healthcare system, business community,


moral convictions, and personal relationships, while drought conditions challenged our farming and ranching operations, thefts and property crimes rose - often inflicted by individuals struggling with unemployment, hopelessness, and substance abuse as a result of pandemic related measures, and the cost of living and heating our homes skyrocketed at a time when many could afford it least. Yet amidst the doomsday headlines and continued uncertainty, much good arose, and I believe that goodness always deserves to be recognized. People banded together for the betterment of their communities, struggling businesses stepped up to help those in even greater need than they, and the smallest of once unappreciated normalities such as eating in restaurants or attending community events brought us exuberant and unexpected joy. If there was anything I learned throughout 2021, it was to never take the people and experiences around me for granted, to appreciate every small moment, and to always remain hopeful and optimistic for the days ahead. It has been an emotional roller coaster for all of us, but I believe it is important to remember 2021 not for all that was bad, but for all that was good that never received the attention it deserved. Alberta's economy is emerging from COVID 19 stronger and more diversified than ever before. After accelerating a reduction in the business tax rate and slashing over 116,000 regulatory barriers to conducting business, corporate revenues are up 52% for the year and are projected to continue rising at 20% year over year. Our government helped usher in billions of dollars of private sector investment in technology, film, solar, wind, geothermal, hydrogen, petrochemical production, and lithium mining - all industries not traditional to

our province. Major banks are not only predicting that Alberta will lead the country in GDP growth this year, but we have also been identified as the fastest growing green energy market in Canada, and the fastest growing tech sector in all of North America. All while simultaneously having our best year of oil production on record, as well as record setting commodity and livestock receipts. Our government also passed legislation to support the longevity and competitiveness of our forestry sector by ensuring reliable and sustainable access to timber, security for capital investments, and streamlined processes for tenure agreements, as well as legislation to support our agriculture sector by enabling irrigation districts to borrow funds for large-scale expansions. To couple the latter, we additionally partnered with the Canadian infrastructure Bank and local irrigation districts to expand Alberta's total irrigated acres, which see an average return on investment of 300%, by 200,000 acres across the province. All of this economic activity enabled us to support Alberta's healthcare system amidst the COVID 19 pandemic at the highest level of funding in Alberta history with a one billion dollar increase, while simultaneously reducing our overall provincial deficit by 68%.

Knowing that access to affordable childcare is key to allowing young parents the ability to enter and participate in Alberta's growing economy, our government signed a historic agreement with the federal government to decrease licensed childcare fees by 50% to \$10 a day and create over 42,000 spaces - the majority of which will all be in rural Alberta. Even more exciting, our plan is the only in Canada to include all forms of public and private licensed childcare, including pre-schools, so that all parents could benefit from the program regardless of where or what hours they work. Students gained increased protection through new legislation to require teachers and educational assistants to undergo routine criminal record checks - something they were not previously required to do, and the creation of an expedited termination process for educators convicted of serious offenses under the Criminal Code with an online registry that will make all disciplinary details public to parents.

Alberta was made safer by the establishment of an Alberta Parole Board to end the revolving door on our criminal justice system, and by transforming 911 into a textable service so that those in dangerous domestic disputes, or those in areas with minimal cellular service, can quietly text in a plea for help without needing to make and sustain a phone call. For the first time in history, we eliminated all user fees from public addictions treatment

facilities and created 8,000 new treatment, detox, and recovery spaces so that all Albertans, regardless of their socio-economic position, can access the help they need to regain their lives back. ... and the important work began of securing a fair deal for our province from Ottawa with the successful passage of an equalization referendum, the appointment of our first Chief Firearms Officer, and the commissioning of a comprehensive study on the potential for a provincial police force focused on community policing and local priorities. COVID 19 aside, 2021 was actually a pretty successful year for our province. I do still recognize that this past year was one of the most difficult we've faced in a generation. When I go back to Edmonton in February, there are many priorities that still need advancing to support the recovery and vitality of our community. Rural crime is pervasive, a lack of seniors housing continues to drive our elderly out of the community and into the city, timely EMS access must be improved, the Range Road 33 overpass could use improvement, and small businesses need support like never before. Yet I will always believe it is important to not tunnel vision on the negative, but to recognize the good all around us even when the rest of the world is unwilling. Our province and towns have much to be grateful for from the past year, and much to look optimistically towards in the future. As Albertans, facing adversity with confidence has always been in our DNA. The events of the past year have tested us, but they have not broken us. The optimistic, hard-willed, resilient spirit that makes us Albertan will ensure that our best days are most definitely yet to come, as long as we allow ourselves to recognize them when they arrive.



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**MLA MIRANDA ROSIN**  
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**SPRINGBANK**  
Figure Skating Club



Springbank FSC welcomed a new Canskate coordinator on November 1st. Donella Swan joined us and is tasked with running our Canskate programs. Since Donella has joined us, she has added additional Canskate sessions,



learn to figure skate and adult learn to skate lessons. Donella is an NCCP Regional and CanPowerSkate Certified Skate Canada Coach with over a decade of coaching experience. Coach Donella has been on her skates from an early age and is eager to share her passion and expertise with up and coming skaters.

Our skaters have been lucky to be able to compete at a couple of competitions. Our club has been represented recently at the Edmonton Starskate Invitational in December and Camrose NE/NW region Starskate Invitational in January. The Camrose competition was a particularly fun competition as these girls were able to compete in a team event together. Our skaters are looking forward to upcoming events in Airdrie and Lethbridge. The club is continuing to grow, please follow us on Facebook and Instagram for the most current events.

*By: C. Hudson*



## SPRINGBANK MINOR HOCKEY ASSOCIATION



The SMHA (Springbank Minor Hockey Association) kicked off 2022 with its coveted annual Timbits U7 Young Guns tournament. After a year of not hosting the tournament due to COVID, families were excited to give

their children an amazing experience. The SMHA has 3 junior teams (under 6) and 4 senior teams (under 7) this year. The 18 team tournament held over January 7th, 8th and 9th filled extremely quick with 8 junior teams and 10 senior. Teams came from various areas of Calgary and as far as Okotoks. Over the 3 days, the 306 kids partaking in the tournament were treated to a fun and memorable time. For their first game, they were greeted in the dressing rooms with swag bags and personalized shirts (a treasured tournament tradition). To add to the event, this year the kids were announced under the spotlight for their first game. It is still undecided if the

kids or the parents enjoyed that more! The tournament also featured a professional sports photographer giving families special action shots to keep as great memories. Great snacks followed each game for the kids and at completion of the final game each player was awarded a trophy. For many of these kids it was their first tournament and first trophy. Truly a special experience for them. Events like this don't happen without engagement from all the families and the community. Thanks to our sponsors for their valued support and to all the families for their commitment to making it a great event; not only from a memories for the kids perspective but also from a fundraising standpoint as this tournament is an important fundraiser for the SMHA. Special thanks to our Champion sponsors; Mark Evernden Fine Realty, Happy Trails Childrens Dentistry and Shane Homes.



*Submitted by Robin Somji*

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Springbank Soccer Club continues to keep things fun, educational and accessible to all our members and communities moving forward. The club has been in the community for many decades and our mission is to develop and inspire individuals through soccer. SSC operates all 12 months of the year, and we have a few paid staff but primarily are run by volunteers. If you are interested and available to volunteer your time and efforts, please see our website for information. It's volunteers that make us successful! Our Indoor season is coming to a close in March and we will have a break between Indoor and the outdoor season. All vaccinated participants are engaged as we continue to follow all the restrictions that AHS and facilities require. Thanks to all the Managers that make this easier for the players and parents in the club to get the players on the field. Thanks also to the families that continue to support SSC.

*Our Outdoor 2022 registration is ongoing, and we look forward to another great season and more smiling faces as they walk into the park for their practices, academies and games.*

### **“New Grassroots Programs”**

With the travel issues over the past few years and the communication for a potential demand we are now offering 3 seasons of Grassroots programming. In the past we only offered the Spring Season

**Spring** (April 30th-June 25th)  
\$225 Early Bird Fee / \$275 Regular Fee

**Summer** (July 5th-July 26th)  
\$100 Early Bird Fee / \$150 Regular fee

**Fall** (Aug 23rd-Oct 1st)  
\$150 Early Bird Fee / \$200 Regular Fee

For more information visit our website under “Grassroots”. This program is offered for players born between 2011-2019. SSC also has competitive “City League” programs for players born in 2013 or earlier. These programs run from April-September with a summer break from July 29th-Aug 21st. You can find more age specific information on our website under “City League”, “Outdoor 2022” and click on the appropriate age from there. Springbank Soccer Club



would like to extend a BIG thank you to Rocky View County for their grant in 2021 to help the club. With issues surrounding COVID and facility accessibility the county has been a major support in the continued functioning of the SSC. We have communicated with many staff including those in the recreation department as well as other areas and we are very grateful for all their support.

Please visit our website from the link below for any information and we look forward to another fun and successful year ahead. [springbanksoccer.com](http://springbanksoccer.com)



## **SPRINGBANK WILDLIFE SHOTS**

Jan 23 and 29, 2022...this weasel was on our deck helping himself to veggie and meat scraps that were in our compost bucket. He's been around our place for awhile now...we've definitely noticed our mouse population has dropped significantly since he arrived. The approximate location of this photo is Central Springbank between Springbank Rd and Hwy 1, by Rge Rd 31.

*Submitted by: Julie Barden*



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# DON KOCHAN, COUNCILLOR DIV 2



A belated Happy New Year everyone!

I hope you were able to stay healthy throughout this lengthy Covid period.

I really appreciate your trust in selecting me to represent you as your area councillor and further to that I have been selected by my colleagues to take on

the role of Mayor. So, as you can see, I do have my work cut out for me as we work through the challenges of managing the business items for the County.

Following is a summary of some of the Council initiatives that I would like you to be aware of:

1. Council directed Administration to update the Springbank ASP. I believe that we have the opportunity to make improvements that will ensure Springbank maintains its strong country residential community along with the required amenities. Administration is preparing to re-engage with residents and I encourage everyone who lives within the ASP area to take an active part in the process. Without your involvement it would be difficult to determine what your vision is regarding the make up of your community. In March, administration will be reaching out to the residents on how they may provide their input into the ASP's review and update.

2. Council is in the process of interviewing candidates for the Chief Administrative Officer (CAO) position and we plan to have someone in place before summer. Once the new CAO has been recruited Council will revisit its strategic planning initiatives for the County.

3. The 2022 Budget was passed on January 18. It includes a 4% increase in property taxes which I supported as a reasonable increase to ensure that Rocky View can continue to deliver the services residents and businesses rely upon.

4. Council is interested in knowing what our residents think of their services being provided therefore starting in March all residents would be requested to participate in a customer satisfaction survey to obtain the required feedback that may result in adjusting

services accordingly. More information on how that is to occur will be forthcoming.

5. Administration is working on a communication strategy that will outline the best ways of communicating to residents as well as what should be communicated. The feedback provided in the customer satisfaction survey would assist them in the development of the strategy.

6. SR1 - the province is moving ahead with the Springbank Dry Dam project. The province's current plans include shrub and tree clearing starting in February and continuing through March - mostly east of Hwy 22 and south of Springbank Road and along Hwy 22 just south of Township Road 245.

7. Recreation update - The County is actively working on preliminary planning for a multi-use community facility in south Springbank, as recommended in the Recreation Master Plan. Council established a Task Force that Councillor Hanson and I sit on along with a number of community representatives from Divisions 1 and 2. The County has also hired a consultant to gather information from various community groups to obtain more information on community needs. Stay tuned for further developments on this important initiative.

Thank you for your involvement!

Don Kochan (Councillor, Div 2)

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## SPRINGBANK HERITAGE CLUB AGM

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**NEXT DEADLINE** February 10<sup>th</sup> for editorial content (contact Todd Muir, SPFAS General Manager). February 10<sup>th</sup> for ads (contact George Vanderveen) 403-242-3113 for delivery late February.



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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.



Dr. Michael Sweet BSc, DVM  
Dr. Elizabeth Cumyn BSc, DVM  
Dr. Laurina LeBoldus BSc, DVM



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Springbank Playschool is a non-profit, parent co-operative preschool that has been in the community for decades. Our dedicated teachers encourage learning-through-play and plan activities to suit the needs and interests of each class. The continued support of the Springbank Community and Playschool families allows the school to maintain small class sizes and low fees.

Thank you to all of the parent volunteers that have made the first half of the school year so successful. As a parent co-operative school, volunteers are vital to the daily operation and values of the school. There are several opportunities for parents to volunteer with various levels

Another month brings more fun for our students and families and Springbank Playschool! After returning from Christmas break, students were welcomed back to the classroom with winter themed activities including winter sensory stations as well as stories and crafts focused on animals that hibernate.

The month ahead has everyone excited to celebrate friendship for Valentine's Day and a special day where students are invited to come in their pajamas. Some warmer chinook weather has also given our classes the opportunity to spend a portion of their class time outside at the playground adjacent to the school.

The new calendar year also means Springbank Playschool is already preparing for our next school year. Registration for all prospective students opened January 29th. In addition to the current 3 year old AM and 4 year old AM classes, the Playschool will offer another option next year for a mixed 3/4 year old class on Tuesday and Thursday afternoons.

Visit [www.springbankplayschool.ca](http://www.springbankplayschool.ca) or email our registrar at [springbankpsinfo@gmail.com](mailto:springbankpsinfo@gmail.com) for information. Tours can be arranged for families interested in visiting our facilities and meeting our wonderful teachers.

**Registration Now Open for the  
2022/2023 School Year**

**Programs Offered Include:**

- 3 Year Old AM Class (Tues & Thurs)
- 4 Year Old AM Class (Mon, Wed & Fri)
- 3&4 Year Old PM Class (Tues & Thurs)

of time commitment. Our registrar can provide details on the many opportunities at the time of registration or a brief summary of each position can be found on the website. Your time and talents truly enrich the students school experience.

*Hayley Kerr, Marketing Coordinator 2021/2022*

# 2022 Old Tyme Country Fair

*Join us for the 50th Old Tyme Country Fair ! We are in the early stages of planning for this years event but are anticipating a full return of events that were unable to materialize years prior.*

*2022 Fall Fair Registration  
pages expected to open up soon!*

*Please stay tuned to the 'Old Tyme Fall Fair' page under the 'Events' tab on our website for more information ([springbankpark.com](http://springbankpark.com)).*

**Saturday, September 10th, 2022**

# COCHRANE FOOTHILLS PROTECTION ASSOCIATION



Be prepared. Be ready.  
Be part of the solution.

The Emergency Management Framework in Canada is a tiered one; starting with the individual or family at the base, then

moving up to community, Provincial and finally Federal support at the top of the pyramid. Too often it seems that, during or after an event/disaster, people want immediate help from up the pyramid, when perhaps there was more they could or should have done to prepare themselves.

You may be thinking, “so what can I do”? Well, here are a few big areas to work on, as well as some free preparedness things you can do that have many and wide ranging benefits in areas such as finances, security, peace of mind, freedom, health and resilience to name a few.

## 1. Build a personal finance and health base

- Have some cash at home
- Start a “Rainy Day” Fund
- Get some exercise, even just a walk

## 2. Be self-reliant in your home for two weeks

- Have enough essentials for 2 weeks

## 3. Prepare to leave your home with little notice

- Have a “Bug Out Bag” packed

## 4. Prepare for emergencies that happen away from home

- Have a vehicle and office preparedness kit

## 5. Build knowledge and skills

- Take courses
- Practice!

And now for the free things you can do (at least moneywise, as you do need to spend time on these) to start or continue your journey of self-reliance and

resilience.

- Inventory your stuff (where are you at?)
- Figure out how much you need of food, water, and other essentials (where are you going?)
- Make a list of things to get.
- Make a physical, (yes, on a piece of paper), contact list of friends and family.
- Fill up your gas tank at  $\frac{3}{4}$  or  $\frac{1}{2}$  rather than  $\frac{1}{4}$  or empty
- Keep some cash at home
- Get some exercise, even a walk a day.
- Find and watch some videos on prepping items of interest to you, or skills you want to learn.
- Move valuables from places at risk of water damage (basement) to higher locations.
- Take photos of, and write down serial numbers for, your valuables
- Make copies of important documents, pictures, etc.
- When shopping, pick up a couple of the items on your “I need these things” list
- Security: Take the handle off of the pull rope on the garage door opener motor in your garage.
- Don't leave valuables in plain sight, either in your vehicle or in your home near windows.
- Always lock the doors when you leave your house.

Well there you have it, simple and free things to do. Get a friend to do this with to motivate each other, the more we all do, the less we all need to rely on others. There are many associations with great resources out there, join up! True freedom is being self-sufficient and resilient! If you want to learn more, please email Cochrane Foothills Protection Association at [info@cfparcw.ca](mailto:info@cfparcw.ca), or better yet, join up!



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# GET INVOLVED IN PLANNING



**Springbank**  
COMMUNITY ASSOCIATION

Springbank Community Planning Association encourages residents to become involved in the NEW Springbank ASP process

Springbank Community Planning Association (SCPA) is looking forward to working on planning issues in Springbank with the new Rocky View Council (RVC), including our Division 1 and 2 Councillors, Kevin Hansen and Don Kochan. One of the most important planning issues is reviewing the Springbank Area Structure Plan (ASP). We encourage Springbank

residents to get involved in the upcoming Springbank ASP process to ensure that the new council hears from as many people as possible who call Springbank home.

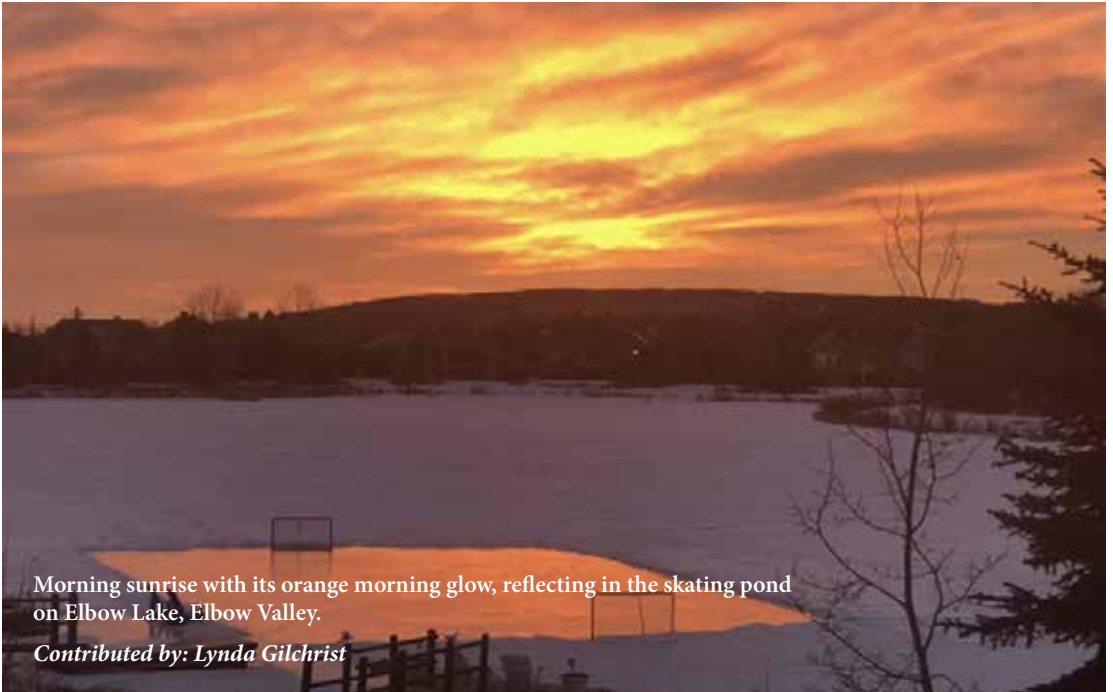
SCPA board members recently met and discussed the Springbank ASP with Mayor Kochan, Councillor Hansen and RVC planning staff. All seemed committed to engaging the community and listening to residents' feedback.

Public engagement for the new Springbank ASP will be launching soon. SCPA will keep residents informed about the ASP process as it unfolds.

If you have comments for SCPA or would like to become a member, email: [plan.springbank@gmail.com](mailto:plan.springbank@gmail.com)

SCPA provides input on planning issues to Rocky View County, the City of Calgary, the Alberta Government, elected representatives and others. SCPA was established in 2000 to respond to the proposed Central Springbank Area Structure Plan and other local planning issues. SCPA is a registered Alberta non-profit society.

*Submitted by the SCPA board, February 2022*



Morning sunrise with its orange morning glow, reflecting in the skating pond on Elbow Lake, Elbow Valley.

*Contributed by: Lynda Gilchrist*

# What Is Acupuncture?



Dr. Cindy Dowsett

Acupuncture is a form of treatment that allows your body to return to its equilibrium. Inserting very fine and thin needles, specific points are chosen based on your diagnosis and treatment plan. If you saw your body as a river system, all water ways connecting to one another, acupuncture points would be the swimming holes.

These are areas in your body where Qi pools and stimulation from an acupuncture needle creates a ripple effect, thereby allowing distal points to be as effective as local points. This is why your acupuncturist will choose points all over your body for a shoulder injury.

Understanding this river (or what we call meridian systems) takes years of training and understanding to know how one ripple will affect both external and internal influences on your body. Examples of this are being treated for shoulder pain, while subsequently also treating any sleep, menstrual,

emotional, or digestive issues. At Springbank Wellness Clinic, Dr. Cindy Dowsett looks at your body as a whole, treating the root cause of your symptoms.

Cindy has her Doctorate of Acupuncture, is a Reiki Master and has a background in Psychology from the University of Calgary. Over the years she has specialized in sports injuries and women's health/fertility. She also treats symptoms such as but not limited to mental health, addictions, insomnia, migraines, and pregnancy. Her husband grew up in Springbank and they have two young children attending our local schools, dance, and hockey associations.

Following the Japanese style of Acupuncture, the insertion of these needles should be painless (noticeable but not uncomfortable). The sensation of Qi has been described as a dull ache, deep pressure, tingling sensation along the meridian, or even a sensation in another area of the body. If pain is ever experienced, the needle can be readjusted or reinserted as the needles are so fine they can fit inside a hair follicle. In fact, 18-20 acupuncture needles fit inside 1 hypodermic needle.

Side effects of acupuncture include relaxation, decreased pain, lowered stress, improved sleep/digestion/emotions, etc. Negative side effects may include bruising and swelling at site and occasional "residual Qi" (a Qi sensation that lasts after the needle is withdrawn). Please tell your acupuncturist if you are sensitive or afraid of needles and special care (and even special needles and/or needle less acupuncture!) can be taken to make you more comfortable.

Call Dr. Cindy Dowsett to book an appointment or ask any questions about a treatment plan for you.



cindy.dowsett@springbankwellness.com  
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