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OFFICIAL NEWSLETTER OF THE SPRINGBANK PARK FOR ALL SEASONS



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# GENERAL MANAGERS' UPDATE



Hello Everyone:

Per the front cover's photos, the Park hosted a fun-filled 50th Annual Old Tyme Country Fair on September 10th, including a Family Dance in the evening hosted by the Springbank Community Association.

This was followed up by the Park's Annual General Meeting on Sept 26th, and we are now off and running into the busy Fall / Winter Seasons. At the Park's AGM Frank Walsh moved into the SPFAS President's position.

Just to give you a bit of an Intro to Frank, he has been a Springbank resident and part of the community since 1989 and saw his children attend the local schools here.

Frank had a son play minor hockey at the Park, which led to Frank being an Asst Coach. Frank previously worked as a Petroleum Engineer but is now retired.



He joined the SPFAS as a Director at Large in 2016, moving up through the VP positions, and now on to President for the 2022/23 operating year.

As you would see at the Park when coming through the main sliding entryway doors, to your RH side on the wall, is our complete listing of Board Members for 2022/23 (in the framed silver with black backing plaque) and these include:

Frank Walsh, **President**

Scott Mamchur, **Vice President**

Joe Petratur, **Treasury**

George Kapocsi, **Secretary**

Lisa Skelton, **Past President**

Judi Hunter, **School Trustee**

Kevin Hanson, **Rocky View County Councillor**

## Directors at Large & Group Reps

Grant Humphreys, Mike Williamson, Tanya Giulford, Gannon Wills

Zahin Sorabji (Soccer), Neil Somerset (Curling) Mike Masse (Hockey),

Andrea Osmond (Figure Skating), Dan Toews (Football),

Joanna Nutma (Playschool)

On behalf of the staff and membership, I would like to thank all the Board Members for their dedication and donation of time and broad-ranging expertise.

It contributes to helping make SPFAS a great home for athletes, a fun place for both kids and adults, and the type of place the community of Springbank can take pride in.

Cheers

**Todd Muir**, BPE

General Manager Springbank Park for All Seasons

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"Your generous donations have ensured another successful  
Fall Fair for the Springbank Community."

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## MEET THE STAFF

This edition continues introducing our highly valued staff members, and we are pleased for October, to be able to introduce Jaime Rafaela.

Jaime joined the SPFAS Operations team back in September of 2021 and brought Arena Operating experience and training he gained at Cochrane's Spray Lake Sawmills Family Sports Centre with him. Jamie and his 3 children-sized family call Cochrane home, which makes for short work commutes. They enjoy camping, getting out picking fresh berries (especially cherries in the Okanagan), being members of the local community group, and attending church meetings. Jamie also has a fondness for music, plays the guitar, and enjoys basketball. If you see Jamie out and about the park, please feel free to say hello.



Jaime Rafaela



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# UPCOMING ACTIVITIES & NEW HAPPENINGS



## Parent Tot Skating

Monday's  
10:30 am - 11:45 am

\$5 per drop-in participant  
\$20 for 5 drop-in tokens



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Curling Season is Underway!

It's exciting to be back on the curling ice, the rink is alive with the sounds of rocks smashing while skips encourage their sweepers to "Hurry Hard!" and there are plenty of opportunities for you to get out and play.

Drop-in Curling is available six Saturday nights this season, the first one is on Saturday October 15 at 7 pm. 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. You can register on our website at [Springbank Curling Club](http://SpringbankCurlingClub.com) - Upcoming events.

Our popular Junior Curling Program runs on Saturday mornings starting October 15, at 10 am to noon. It's open to anyone from age 8 to 18, and is a great way to introduce young players to the game and to others their age who are interest in the sport. The program is led by qualified instructors who provide coaching and skills training, and each week concludes with a game to practice the skills and have some fun along the way. Springbank Curling Club is an enthusiastic supporter of the Calgary Youth Curling Association and our coaches are available to support Junior teams in these and other events throughout the winter as well. Send an email to [sbjuniors14@gmail.com](mailto:sbjuniors14@gmail.com) to sign up!

We are excited to bring the Sportsmen's Bonspiel back again this year on November 26th and 27th. Each team is guaranteed to play at least three games - all on Saturday and Sunday - and we expect to play for some excellent prizes. The entry fee is \$350 per team and includes a



minimum of three games as well as an excellent dinner on Saturday night. To register, email [nsomerset@telus.net](mailto:nsomerset@telus.net).

Curling is a great way to meet people and make friends while playing a sport you can play for a lifetime. Please visit our website at [www.springbankcurling.com](http://www.springbankcurling.com) to find out more or to sign up!



## SATURDAY NIGHT FUN LEAGUE



*Come out and try our Saturday Night Fun League! It's an opportunity to try out the sport, play a regular game or try Mixed Pairs curling*

**Save the Dates!**

<b>October 15, 2022</b>	<b>January 21, 2023</b>
<b>November 12, 2022</b>	<b>February 11, 2023</b>
<b>December 10, 2022</b>	<b>March 18, 2023</b>

Drop-in at \$20/person

Everyone is welcome and curling equipment will be available.

Ice times will be 7-9 pm

Registration from 6:30-6:55pm

Sign-Up at [springbankcurling.com/event-registrations](http://springbankcurling.com/event-registrations)

For more information email [ttomkiw@gmail.com](mailto:ttomkiw@gmail.com).



# MIRANDA ROSIN, MLA

Banff-Kananaskis

[Banff.Kananaskis@assembly.ab.ca](mailto:Banff.Kananaskis@assembly.ab.ca)



On October 11th, Danielle Smith was sworn in as the 19th Premier of Alberta after being voted in as the new leader of our United Conservative Party. Over 120,000 Albertans purchased a United Conservative membership to vote in this process, and after six rounds of voting on a preferential ballot, with 53.7% of the vote, Danielle emerged the winner. With plans to fortify Alberta by exerting authority over jurisdiction that should have always been our own, and by making changes to the Alberta Human Rights Act, her Premiership will mark a bold and exciting new direction for our province. For the past three years our Government has taken initiative to stand up for the Alberta's people and industries by fighting both the carbon tax and the no-more-pipelines legislation all the way to the Supreme Court, achieving methane equivalency agreements with the federal government to avoid sterilization of our oil patch, appointing our first ever Chief Firearms Officer, and hosting an equalization referendum. Still, voters made it abundantly clear that there is far more work yet to be done. In fact, if one single thing became the most clear throughout the leadership race, it was that voting members of the UCP were exhausted by the in-fighting amongst conservatives, and want to see us turn our efforts against Ottawa rather than against ourselves – which I could not agree with more. It is no secret that I supported Travis Toews in his bid for leadership. After working alongside him for three years, and very closely more recently, I grew to know him as fiercely principled in his conservatism, firm in his faith, and compassionate in his leadership - all values I was keenly looking for in a leader. I consider it an honour to have spent my summer travelling with him and helping his campaign, but now is the time to move forward. I want to be clear that I remain committed to our United Conservative movement, the people of Banff-Kananaskis, and the province of Alberta. While I strongly supported Travis in his leadership campaign, I have, for the past couple years now, considered Danielle to be a friend, and someone who I admire much about as a leader. She is intelligent, articulate, collaborative, and hard working, and I am confident she will make

an excellent Premier. I would be remiss if I did not say thank you to our outgoing Premier, Jason Kenney. While many across the province will bid him farewell with mixed emotions, some positive and some negative, there is no denying that he worked tirelessly in his role as Premier. In the midst of a pandemic and a collapse in oil prices, he led our province from economic and fiscal despair into an astounding state of economic recovery. Today, Alberta's economy is more diversified than ever before, and we owe much of that success to his pro-business policies and investment advocacy. As Danielle Smith will not have a seat in the Legislative Assembly until after her by-election, the House will not resume until late November. Until such a time, I am unable to provide more of an update regarding what the make-up of Cabinet will look like, what the contents of the Sovereignty Act will be, or what else will be in our next legislative agenda. Much remains to be determined, but our conservative movement is bigger and stronger today than it has ever been, and I am confident that Alberta has many bright days ahead.



## MLA MIRANDA ROSIN Banff-Kananaskis

### Bragg Creek Office:

226-7 Balsam Avenue  
PO Box 313, T0L 0K0  
10:00 am - 4:30 pm

Monday-Wednesday, and by appointment

### Canmore Office:

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T1W 1P4  
10:00 am - 4:30 pm

Thursdays, and by appointment

Office may be contacted at [Banff.Kananaskis@assembly.ab.ca](mailto:Banff.Kananaskis@assembly.ab.ca)



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# SPRINGBANK HERITAGE CLUB



We gather every Wednesday from 01:00 - 04:00 PM at the Springbank Heritage Centre

Are you 50 years or older and looking to spend a few hours crafting and or chatting?

Become a member of the

Springbank Heritage Club and join this group! Some say it is the best day of the week for them!

You are welcome to come and bring your own project to work on, participate in the weekly project offered or just visit and enjoy a coffee. Snacks are always welcome.

Do you have a project to share or instruct? It can be crafts, knitting, crocheting, painting, exercise, yoga, cooking class, whatever as we'd love to try something

new. Or if you'd like to make a craft but not sure how to go about it, just bring a picture and I'm sure one of the ladies will be inspired to teach it.

We have a wonderful facility with enough space to accommodate these activities, and more.

If you are interested in attending, or joining please send an email to [Janice3Lambert@gmail.com](mailto:Janice3Lambert@gmail.com) for more information.

You will be added to the list to receive the weekly email reminder that lets everyone know what project may be worked on and the supplies needed.

We look forward to seeing you!

*Submitted by*

*Yvonne Bamlett*



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park"! Currently our 4 year old class is full, but there are still a few spots available for the 3 year old class! For more information please visit our website- [springbank-playschool.ca](http://springbank-playschool.ca) or email us at [springbankinfo@gmail.com](mailto:springbankinfo@gmail.com)

Submitted by:

Joanna Nutma

President of Springbank Playschool

It's been a great start to the school year at the Springbank Playschool! This month there is an exciting Field Trip to Butterfield Acres planned for the 3 and 4 Year old classes! We will be going together with both classes at the same time and doing a pumpkin hunt!

Ms. Kim has been busy teaching both the 3 and 4 year olds. As well, there is one Teaching Assistant in each class! They have been learning about the change in season and why leaves change their colours. They are going to learn about Harvest, pumpkins and scarecrows! As well as getting outside to the playground as much as possible!

It has been such a beautiful fall so far. My 3 year old Blakely started Playschool this year. Her favourite part of school is "playing with my friends and going to the





Hello Springbank and area residents.

Springbank Rawhides 4-H club has been operating in Springbank since 1987. Primarily a horse club, we have had members participate in numerous other projects including poultry, crafts, photography, foods and canine, just to name a few.

Many of you may be wondering what 4-H is. Some of you may remember your parents or even grandparents being in a 4-H beef, dairy or sewing club in their youth. Today; 4-H Alberta has many projects available for Alberta youth ages 9-21 as of January 1 of each club year. In addition to livestock and small animal projects, members can participate in photography, archery, foods. Wood-working welding and many more lifeskills projects.

---

## Springbank Ladies Time Out

Springbank Ladies Time Out invites new and returning members in the Calgary, Springbank and surrounding areas to meet new people, socialize and to participate in classes.

The classes are held Monday mornings at the Eden Brook Reception Centre located on Lower Springbank Rd and 17th Ave SW. We are a not for profit club supporting women in our community.

We are starting back up again and asking you to come and help us shape the new LTO. Bring your ideas and friends for a morning of renewal!

Check us out on Facebook at: Springbank Ladies Time Out and Instagram @SPRINGBANKLTO

What our club offers each year is based on member interest and the ability of having 1-2 leaders plus adult volunteers to teach each project group.

4-H Motto “Learn to do by doing” and that is exactly what members do. The 4-H club is run by the member elected executive including president, vice president, secretary, treasurer and news reporter. The club also has other specialized member committees that plan events including Halloween or Christmas parties and fun events.

Members are required to complete a communications project each year which can consist of a presentation or a prepared speech. This skill enhances members abilities as they go through school and post secondary education.

In addition to monthly club meetings, members participate in their specific project workshops ( horse, canine, photography, foods and many others) Project dates are decided based on members in each group and locations required for each project. Members can also participate in district, regional and provincial organized day events, competitions and provincial 4-H camps.

Friendship is a key to 4-H and 4-H = family. Interested in learning more about 4-H? The Alberta 4-H web site can provide you with lots of information.

We look forward to hearing from you.

*Regards,*

*Norma Ansloos,*

*Head Leader, Springbank Rawhides*

[normaansloos@gmail.com](mailto:normaansloos@gmail.com)

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*We look forward to seeing you at the Springbank Block Party and Client Event on September 16th from 4 to 7pm! Please contact a Popowich & Company team member for the link to RSVP.*



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# DON KOCHAN, COUNCILLOR DIV 2



Don Kochan - Division 2 -  
Councillor update October/22

[kochandiv2@gmail.com](mailto:kochandiv2@gmail.com)

Hopefully everyone had a great summer. It certainly was one of our better ones weather wise.

Following is some information that involves Division 2:

Springbank Area Structure Plan (ASP) – Administration

provided an update to Council on the status of the proposed new Springbank ASP. You can expect a summary report of the communities' feedback that was provided thus far through the various feedback sessions. You may view this report on RVC's website. The next steps would be to further engage the community to ensure we have interpreted the communities' feedback properly. After the feedback sessions are complete a draft ASP will be developed and put forward for a public hearing before proceeding for the bylaw readings.

For project updates and all background materials, please visit: <https://www.rockyview.ca/springbank-area-structure-plan>

Springbank Off stream Reservoir (SR1) – The Joint Land Use Committee that has been established regarding the land use planning of the area has been working towards proposing various recreational needs that could be incorporated into the SR1 project. Membership of the committee consists of the Springbank Planning Association (SPA), Springbank Community Association (SCA), Springbank Trails and Pathways Association (STAPA), local ranchers, Indigenous group representation, and Rocky View administration. One of the initiatives for the committee is to explore and advocate for the construction of a north south pathway connection along RR 40 in order to provide for a safe active transportation corridor. Administration is planning on providing a progress report on the committees work to Council by the end of February.

New Virtual Services Available – Just a reminder to take advantage of Rocky View's online customer service portal – [my.RockyView.ca](http://my.RockyView.ca). The new portal makes County services, previously only available in-person or by telephone, more accessible and convenient for residents. The new portal requires residents to create an account to access the following county services online: • Property assessment information • Property tax payments and balances • Tax certificates • Utility payments, balances, and billing history • Mortgage holdings Residents can visit [my.rockyview.ca](http://my.rockyview.ca) to sign up and get started.

School Speed Limit Signage – You may have noticed a change

in signage for speed limits on RR33 and Springbank Road. This was initiated through an independent engineering report that was submitted to the County relating to the school zones along Range Road 33 and Springbank Road. The analysis identified areas of concern for the school zones in regards to current Alberta Transportation standards.

The County reviewed the report and confirmed the following additions/measures were necessary to align with Alberta Transportation standards.

The following was implemented:

-day and time signs indicating when the school zone is in effect were changed to a full sized sign rather than tab size sign for improved visuals for motorists.

-30 km speed sign was changed from a tab sized sign to a full size sign for improved visuals.

-a speed reduction zone was added in all directions prior to entering the school zone allowing motorists the time and space for a gradual speed reduction from, 80km to 60km/h to 30km/h, rather than 80km/h down to 30km/h.

There has been no change to the school zones only changes to improve awareness of the zones themselves.

Looking forward to a nice fall.

Happy Thanksgiving!

Don Kochan

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Hello again Park Patter readers, I am back at it, as the Rocky View County Liaison for RCMP.

What is a mummy's favorite type of music? Wrap!

What do little trees say on Halloween? Twig or Treat.

The grandparent scam is on the rise again, and continues to be a consistent scam circulating around. In 2021, the Canadian Anti-Fraud Center received 379 cases involving 115 victims. These losses totaled more than \$1.7 million!

Since January of 2022, the center says there has been 674 cases, involving 273 victims, but have already had \$2.7 million in losses. This is staggering and very concerning.

The scam goes like this, the scammer calls a phone number and sounds very distressed, and usually starts to cry. The scammer then either changes their voice, or may hand the phone over to another person, who then impersonates a police officer, lawyer or bail officer. They will demand payment by cash, but sometimes by wire transfer or direct deposit. If the victim agrees to pay, someone may come to the victim's home to collect the money.

How should you protect yourself or others? If you receive a suspicious sounding phone call from someone claiming to be a family member, you should hang up and contact that family member directly, with the number that you have for them.

As well if the scammer is claiming to be a law enforcement agent, hang up and call your local police department. Listening to your gut instinct, if it doesn't feel right, then it is probably not right, hang up.

Sometimes the scammers use a technology called caller ID spoofing, in order to make the call seem more legitimate number, like a police number from your local police department. Communication with your family members is key as well, have those tough conversations can save a lot of heart ache in the future.

If you believe that you have been scammed, call the RCMP, and call the Canadian Anti-Fraud Center, 1-888-495-8501.

Thanks,

Cst. Clayton GELINAS

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# WARD 5 TRUSTEE JUDI HUNTER



Over the summer our RVS operations team has been busy upgrading our schools for the benefit of students and keeping our schools modern and well maintained.

Some of the projects:

- Springbank Middle School cafeteria was changed to a makerspace/robotics classroom and additional

multiuse space.

- Elbow Valley School lagoon
- Springbank High School foods room renovation
- Windsong Heights School outdoor classroom project
- Major renovations at Burt Church High School, George McDougall High School
- Fireside School landscaping upgrade
- Cochrane High School artificial turf project

Schools are back in full swing. Students are happy to

again be returning to in person classes without restrictions. Rocky View Schools has grown by over 1000 students this year. Trustees made with the Minister of Education to press for more school indicating the dire need in the division.

Almost all schools have had a welcome back celebration event for families.

The Terry Fox Run has been completed at schools. It's an opportunity for kids to stay fit and support a good cause.

For Parents of students who have children with special needs the following links may be helpful:

- The Disability Tax Credit (DTC) and Registered Disability Savings Plan (RDSP) are two important financial tools that can provide lasting financial benefits for individuals with developmental disabilities.

- Link to information on youth for inclusion conference

<https://inclusionalberta.org/event/youth-for-inclusion-fall-conference-2022/>

- Parent tips for working with schools

<https://inclusionalberta.org/connections/tips-for-achieving-an-inclusive-k-12-education/>



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## Balancing Life and Sport - Tips for parents from parents

*Author: Ashley Fox, Manager, Wellness & Community Programs at Village Sports*

As the seasons shift, the burst of excitement and energy of September shifts quickly into juggling many priorities and fuller family schedules. Setting aside time to plan, involve your children in decision making (yes, they need a lunch EVERYDAY!) and taking care of yourself are all strategies to help you feel prepared this month. At Village Sports we prioritize supporting, not only our student-athletes, but the parents, caregivers and families that surround them. We asked Village parents for their top tips to keep their families and themselves as balanced as possible during this transition back to school and activities.

This is what we heard:

- Fill the car with gas on Sundays to set yourself up for the week
- Get groceries or place a grocery order late in the week (Thursday/Friday), so that the fridge is full for the weekend
- Compassion and patience for tired children. These are big transitions for them too.
- Make a meal plan. Something super easy to follow. Five ingredients or less.
- Schedule your own Movement. Exercise helps to cope with stress and makes transitions better. Keep it simple with a walk or a super basic strength workout – 20 minutes or less!
- Color code the calendar for each member of the family or by activity
- Create a system for all the gear so it is easy and ready when you need to grab it for your activity.
- Ask for help/off load something – ex. Carpool or childcare
- Block time dedicated to ‘family time’. Setting aside other distractions to connect doing something appropriate depending on age.
- Laugh. In the hustle bustle of work, school, and sport we often forget to have fun. If things didn’t go according to plan, using humor can serve to bring joy to the moment and remember we have all been there!

We see and honor you in your pursuits to ‘balance life and sport’. Take a deep breath, you’ve got this. Hope you find some of the tips above helpful as you transition into what is sure to be a full, fun, and exciting Fall.

For more information on Village Sports and our youth-sport programming, please visit [www.villagesports.ca](http://www.villagesports.ca)

The **PARK PATER** 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. Editor in Chief: Todd Muir.

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# NATURE SHOTS



## Elbow Valley Back Yard Visitor

A curious black bear decided to pay a visit to this elbow valley resident, and then proceeded to climb a light pole for a better view of the area.

*Photos Submitted by Lynda Gilchrist*

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*Location: Springbank Heritage Centre  
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NOVEMBER 26, 2022 1:00 p.m. - 4:00 p.m.*

*Free parking and admission  
\$5.00/person for gingerbread & refreshment  
Everyone welcomed to come join in the fun!*

*There will also be vendor tables of handmade crafts,  
Christmas décor, jewelry, hand sewn items, paintings,  
and several bake tables.*

*Cash is preferred.*

*This location is geared for "seniors" with a level entrance  
and lots of parking etc.*



*Landscape photograph Submitted by: Alison Smoole*

jb

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