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WHAT DOES IT MEAN TO PLAY HOCKEY FOR THE SPRINGBANK MINOR HOCKEY ASSOCIATION (SMHA)?

Going to practice at crazy-early-o'clock in the morning, spending weekends on the road, and shivering in the arena stands, our voices hoarse from cheering. Friends without kids in hockey all ask us the same question. Why do it?

It's a good question, and the truth is, our kids want to play! But polling fellow Springbank Minor Hockey Association (SMHA) players and parents suggests that community also plays a part. "Being at Springbank is like going somewhere where everybody knows your name, kind of like Cheers," says Kristyn Hall, SMHA Parent.

My own player disappears into the dressing room before practice, all smiles and jokes with his teammates. It's on. The rink comes alive with the clap of pucks against the boards and the calls of coaches, bellowing out drills and encouragement for the players' efforts.

"Playing for Springbank means a family, and somewhere we feel safe," says Joel Newmarch, Peewee 1 Forward, Springbank Green.

"I love playing for Springbank," says Matteo Vadori, Peewee 1 Defence, Springbank Green. "No matter what team I'm on, I get to play with old friends, and make new ones."

Their Peewee team has been working hard this season, starting out slow in the fall, but building momentum. "Hockey is about playing for the name and logo on the front of the jersey, not the name on the back," says Head Coach Mike Masse. He has them focusing on passing, playing as a team, and working with their individual strengths.

The boys and girls on this team savour each close game, every tie, and their hard-fought wins. They battle hard to hold their own, and were thrilled with their Gold Medal victory in December's Northwest Warriors tournament in Calgary, and a Bronze Medal being awarded to them during Southwest Cougars – Cougar Clash tournament at

Rosemary in late January. Their smiles. Their drive. The friends they make. The life lessons and transferrable skills they gain, whether they win or lose. Reasons Why.

Some of our kids dream of playing in the NHL. But we know that's not the real value of playing for SMHA. That's not the reason we're all here.

When my alarm goes off at crazy-early-o'clock in the morning, my player is often already up and ready, excited to head to the rink. The frosty morning air

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makes clouds out of our breath. Our weekends on the road at tournaments are treasured time together, making memories away from the day-to-day. We talk about what worked and what didn't during the games, and how to approach it differently the next time.

Another team parent shares their blanket with me in the stands at the rink, keeping the chill from the seats at bay. And my hoarse voice? Well, I own that one. Because I'll cheer for my player and his team all day long, whether we win or lose.

Contributed by Suzy Vadori, SMHA Team Parent



Springbank Rockies Peewee 1 Green Team celebrates winning the Candy Cup at the Northwest Warriors Tournament in December, 2019. (Photo Credit: Mike Masse - Team Parent & Head Coach)



Springbank Rockies Peewee 1 Green Team rushes their goalie after winning the Bronze Medal at the Southwest Cougar Clash at Rosemary in January, 2020 (Photo Credit: Kristine Wolfson - Team Parent)

SPRINGBANK ROCKIES PEE WEE 1 BLUE HOCKEY TEAM PROVIDES A HELPING HAND

The Springbank Rockies Pee Wee 1 Blue Hockey Team would like to express our sincere thanks to all of the families, as well as to the recreation facilities, that helped us collect used and broken hockey sticks for Peyton Kalbfeisch. The Rockies took on the initiative to help Peyton after learning that he is a 15 year old lad who builds chairs out of hockey sticks as a part of his therapy to recover from two brain tumours and multiple related surgeries.

The Rockies delivered 781 sticks to Peyton's house in January while attending a tournament in Sherwood Park, where Peyton lives. We first met Peyton at the rink while attending a game hosted by the Sherwood Park Kings Midget AAA team. Peyton is the Honorary Captain of this team. He attends all of the team's games and meetings. He even travels with the team to road games and he rooms with the players when they have to stay out of town overnight. We learned first hand that Peyton's true passion is hockey. He has truly been embraced by the hockey community in Sherwood Park!

We were also fortunate enough to meet Peyton's mom, Tracey. She is an amazing woman who had some really great words for our players - the most important being to never take any day for granted and to just have fun being kids!

We then delivered the hockey sticks to Peyton's house and we saw some of the awesome chairs he makes. We also enjoyed a team dinner that was organized by Tracey (Nitza's Pizza at Ridgemont Way in Sherwood Park is a great location for a hosting a team dinner). We then



enjoyed more socializing with Peyton and Tracey back at the team's hotel, where Peyton played poker with our dads and Tracey was made an Honorary Hockey Mom of our Rockies Pee Wee 1 Blue Team. The Rockies enjoyed the entire experience and it is one that we will remember forever!

Special thanks go out to the Springbank Park For All Seasons for working with us to station a hockey stick collection bin in this recreation facility, as well as to Edge School and Winsport for their donations of hockey sticks that they saved for us during the three week period when we were collecting them for Peyton. The support from these recreation facilities and from many families was so much more than we expected!

Contributed by Kari McNabb for the Springbank Rockies Pee Wee 1 Blue Hockey Team



ESSO MINOR HOCKEY WEEK BY THE NUMBERS

- Years in existence - 50 years (including 2020)
- Esso has proudly sponsored the last 41 EMHW tournaments
- Number of Players – More than 12,400
- Number of Teams – 646
- Number of Divisions – 57
- Number of Associations – 20
- Number of Hockey Calgary Directors – 11
- Number of League Chairpersons & Coordinators – 63
- Number of Full Time Hockey Calgary Staff Members – 5
- Number of Coaches – More than 3,500
- Number of Team Managers – 646
- Number of Parents/Grandparents – Countless (in the thousands)
- Number of Volunteers – Countless (estimated to be at least 6,000)
- Number of Games Played – 902
- Number of Rinks Used – 54 ice surfaces at 35 venues
- Number of Championship Games – 57
- Number of Referees – Over 950

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SPRINGBANK MINOR HOCKEY ASSOCIATION (SMHA) WISHES YOU ALL A VERY HAPPY 2020

Esso Minor Hockey Week Highlights

January brings excitement with Esso Minor Hockey Week (EMHW) each year, and this year was no exception! Congratulations to all 42 SMHA teams for their effort, sportsmanship and hard work during EMHW, which ran from January 10 - 18, 2020. This week featured the largest minor hockey tournament in the world, which included over 12,400 kids, 646 teams, more than 3,500 coaches and greater than 6,000 volunteers, as well as many thousands of family members and friends cheering on the players! The tournament also featured the crowning of 57 new Champions at its conclusion.

Each hockey season, Esso Minor Hockey Week is a very exciting time for all hockey players in Calgary and Springbank. The competition and excitement levels are high! It is always a fun experience for all.

A special congratulations goes out to the following 8 SMHA teams, who played in their respective Age Group Championship Games, with 3 of these Teams winning 1st place gold!

Contributed by Sonja Saville, SMHA First Vice-President and Parent

SMHA Silver Medalists

PW 3 Green

PW 4 Green

PW 5 Green

Bantam 4

Bantam 7

SMHA Gold Medalists

Atom 3 North

Atom 7 North

Junior C

2020 EMHW CHAMPIONS CONGRATULATIONS





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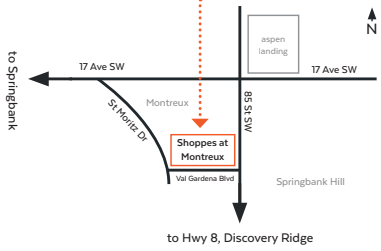
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2020 is going to be Alberta's decade.

2019 was a year of transformative change. Albertans undisputedly acknowledged that the trajectory our province was on was not a healthy one, and they demanded change. Over the course of that year, our Government did our

best to swiftly implement policies that would remove the punitive carbon tax, incentivize Alberta-based job creation through lowered taxes and eased labour regulations, create a freer society through the reduction of red tape, balance our finances, and strengthen Alberta's position within the federation.

Results of these legislative changes have not, and will not, be realized overnight. There is absolutely no denying the hardships that still face our province. We are exporting over one million barrels of oil less per day than we could be if we had proper pipeline infrastructure. There are still thousands of Albertans out of work, and thousands more who are underemployed. There are still families declaring bankruptcy every day, and businesses declaring insolvency. Our government is ever aware of the struggles that many are facing, but as we look to the year and the decade ahead, positive developments from the end of 2019 can hopefully project a refreshing year ahead.

Construction has begun on the Trans Mountain pipeline, and work is expected to push through British Columbia to tidewater by Spring of this year. The Canadian portion of Line 3 has been commissioned, which should nearly double oil shipments to over 500,000 barrels once the backlog from the recent CN strike is cleared. Our Fair Deal Panel will soon be releasing our list of implementable recommendations for increased provincial autonomy and treatment come March. CNRL recently announced that they will be increasing their capital expenditure in Alberta by \$250 million for 60 new exploratory wells and to create 1,000 jobs – directly citing newly lowered taxes as their incentive for doing so. Cenovus has committed to privately investing \$50 million to build housing for First Nations working in northern communities. Greengate Power Corporation in partnership with Copenhagen Infrastructure Partners

are investing \$500 million to construct the Canada's largest solar plant in Alberta and create 500 new jobs – citing our newly deregulated power market and TIER legislation as key factors to their investment decision. And banks all across the country are resoundingly predicting that Alberta will lead the country in economic growth this year.

While recent years have been difficult, if not absolutely devastating for hundreds of thousands of Albertans, the downward trajectory of our province is slowly beginning to turn around. This journey of revitalization will take much work, but it is one we are all on together as we endeavor to rebuild a province where our older generations can comfortably retire, where our working population can live and raise families, and where our younger generations can envision a hopeful and promising future. Together, we must rebuild the Alberta where the only limitations to your success are the scope of your own dreams.

Navigating these past few years has undoubtedly been difficult for most of us, but I am feeling optimistic for the year ahead, and I hope that you are too!



MLA Miranda Rosin's Constituency Offices

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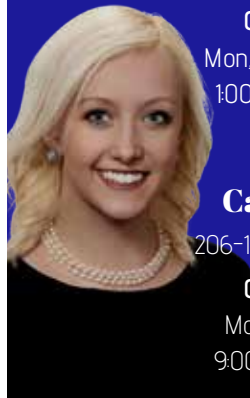
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KIM MCKYLOR

Rocky View Country Councillor for Division 2



Rocky View County (RVC) is truly a great place to live. Having been a Councillor now for over 2 years, I have kept my promise to you and have refrained from being derailed by the rhetoric that has truly distracted almost all of us in the past few months.

I continue to move the recreation and community agenda forward. To be sure, this is a complicated process, but it is moving forward. We also have some very keen residents who are working on how our community entrances look and define who we are. They are working on signs, planters, etc. that are welcoming us to our homes and also welcoming visitors to our great communities.

Our County's municipal tax rate (mill rate) is one of the lowest in our region (excluding the School Board's portion for which we are just the collector and do not set the tax rate). If you own a \$900,000 home in Springbank, your property taxes would be approximately \$2,286. Compare that to Foothills County - \$3,186; Cochrane - \$4,221; Chestermere - \$4,887; and finally, Calgary at \$3,789. There are varying degrees of municipal services provided for those dollars, but I can almost guarantee you that the majority of our roads are cleared of ice and snow faster than those in Calgary (and many of Calgary's residential roads never see a plow).

You can compare your own property taxes to others by visiting this website: <https://www.rockyview.ca/County-Services/Tax/UnderstandingYourPropertyTaxes/PropertyTaxComparison.aspx>

The Province is balancing its budget and, as a result, many costs for various services are moving to municipalities. Funding to municipalities for other projects is now either reduced or gone. So how can we continue to move important projects forward and pay for things like rural policing without raising municipal taxes? One way is through the work we are already doing. This includes attracting new commercial and/or industrial development to be located in appropriate areas of the County in order to ensure we collect incremental tax revenues from those doing business in RVC. Commercial and industrial development reduces your residential property taxes. This doesn't mean these

types of development need to be located anywhere and everywhere. That is why it is very important to review our County's development plans to make sure we looking at everything, with the overarching goal being to keep your taxes at the very lowest levels we can while still providing quality municipal services. Business taxes contribute just under \$40,000,000 to the County's budget. Those are dollars you're not paying! They represent 54% of the County's overall budget.

Recently a notice of motion was brought forward to place a moratorium on levies for developers. Is this a bad or a good thing? I don't know yet. I'm waiting to receive a report from the County's Administration regarding what impact that would have. Other municipalities are having the same discussions and, in fact, some have already eliminated levies to attract development. In the region, we are all looking at how we attract new businesses. The City of Airdrie as recently as January 20, 2020 is looking at preparing a new Area Structure Plan for industrial land to directly compete with the successes of East Balzac. If a company is looking at building a new business in East Balzac, Airdrie or Calgary, how can we gain the advantages of bringing those jobs and tax revenues to us? Looking at this from a different lens is important. Without balancing residential with commercial and industrial development, your property taxes will go up, especially as the Provincial Government continues to offload expenses.

Finally, here are my own personal thoughts regarding the 3 sanctioned RVC Councillors. I have not commented on this previously, because it was a matter for the Court. At the time I am writing this, the Court date has passed. I don't know the judge's decision, but I hope the judge upholds the very legislation all RVC Councillors swore an oath to keep. I hope the judge upholds RVC's Code of Conduct, which is mandated by Alberta Municipal Affairs and which we all authored, agreed to and voted on unanimously. There are groups in RVC that continue to say they want to hold government officials accountable. I agree with that. An acknowledgement in June of 2019 with an apology for all of the items for which the sanctions were applied would have very likely put an end to all of this. However, that didn't happen and the 3 sanctioned RVC Councillors chose a different path, which is their right to do so.

Here is a tale of two Counties. You already know the details of ours, but have you heard about the 3 sanctioned Councillors in the MD of Taber? In November of 2019, 3 MD of Taber Councillors were sanctioned for violations of this municipality's Code of Conduct. The related sanctions included: 1. Issuing Letters of Apology;

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2. Removal from all Committees; and 3. A reduction in pay (associated with reduced workload). Does this sound familiar? Likely it does, as these are virtually the same as the sanctions applied by Rocky View County.

The 3 MD of Taber Councillors responded in part as follows:“As the affected Councillors, please be assured we will not allow the sanctions to restrict our ability to serve the citizens of the MD of Taber.”.... (The complete story can be found at <http://www.vauxhalladvantage.com/news/2019/11/14/m-d-of-taber-councillors-censured-for-conduct/>).

I share this with you because at no time did the sanctions in RVC prevent RVC Councillors from serving their residents, or restricted them from performing their legislated duties. The 3 Councillors in the MD of Taber knew it and they decided to take a different course of action for their residents than the 3 sanctioned RVC Councillors have done to date. I'll let you decide how you feel about all that.

There are things we need to do as Councillors, including following our rules. We need to pay our property taxes on time, not only because this is a rule, but also because we are the jury on things like tax rates, tax cancellations

and tax penalty reductions. How could I vote for or against anything to do with property taxes if I haven't paid my own taxes? We need to ensure we have the right permits approved and in place before we start our work (renovation, construction and/or development), otherwise, why should anyone else? We as Councillors need to avoid situations of having pecuniary interests by stepping away from Council when decisions are made that impact our residences' front doors, or otherwise touch our properties. While serving on Council, I recently cited a pecuniary interest and recused myself because of a decision about locating a cell phone tower, which I would have seen out of my front window. Why? Because there is the possibility that it could impact my property values – it might not – but it could, so the law says I need to step away from my decision making role on Council.

As always, I'm available anytime for a conversation. You are welcome to reach me via email (kmckylor@rockyview.ca), or you can call me (403-462-1762).

KEVIN HANSON

Rocky View Country Councillor for Division 3



Rocky View County Land Use Bylaw (LUB)

The Municipal Government Act gives broad authority to municipalities to develop bylaws unique to each municipality. Councils are expected to act in good faith and in the public interest when creating laws. Municipal Administration,

who usually drafts bylaws, is expected to act in good faith when carrying out this responsibility. Creating a bylaw that meets general statutory and fundamental principle standards is only part of the process. A good bylaw needs to be drafted for certainty, predictability, democratic transparency and accountability. Municipal Administration should aim to create bylaws that are understandable, enforceable and accomplish the Council's desired goal.

Rocky View (RV) has been drafting a modernized LUB since 2016. The existing one is circa 1998. It has been a bit of a "project" which has encountered a number of challenges, including replacing the original contractor hired to execute the project. LUB information updates have been available on the County's website throughout the process - Search for "Land Use Bylaw Review" to find the webpage.

The RV website makes it sound like the LUB is already in force since we are "open for business". However, it is not approved quite yet. Public consultation was completed last fall, and the LUB is at the final draft stage. The next stages include public hearings and Council approval. We had a LUB workshop for Council on February 12th, with the public hearing to be scheduled for a Council Meeting shortly thereafter. The new Bylaw is a complete re-write, with simplification being one of the goals. I think it has achieved that to a large extent. Please give the 100 page final draft a read. Let me know if you have specific thoughts, or participate in the public hearing to voice your opinions.

Nurturing Ethics in Governance

A newly written book authored by Leonard Apedaile (a rural ex-Reeve and University of Alberta professor) is now available. Its sub-title is "Taming Our Rascals Within". It has caused me to think about my own ethics throughout my career, including my current role as a Councillor. I take the responsibility of governance very seriously, and I've wanted to learn more about the foundations of ethical behaviour, and how to affect the performance of governing systems at my local municipal level.

Ethics define, guide and monitor the lines between truth and untruth, consent and coercion, virtue and guile, duty and irresponsibility. When strategy goes off its ethical rails, it becomes shenanigans, both systemic and rogue. Four tests for decisions and actions are proposed:

1. **Universality** - Can the behaviour be applied universally? Ensures that secrecy, although needed to protect privacy, does not evolve into covert misbehaviour.
2. **Golden Rule** - Would you want others to apply the same actions to you? Most useful for protecting corruption of your own strategic actions seen by others as being against them.
3. **Standard of Conduct** - Does discourse and behaviour fulfill a standard of duty and search for truth in consequences? Councillors swear an oath to protect the public as a whole.
4. **Smell Test and Light of Day** - Is the measure of public perception generally unquestionable in nature? Guides actions according to community ethical standards.

Under the "Nurturing" half of the book, there is a section pertaining to "Armour Plating" the municipality. Municipalities are seen as having deep pockets, and must protect themselves from unscrupulous claims for compensation, damages, and lawsuits. This protects ratepayers. However, this defensive structure can also suppress ethics challenges, the first line of defence against unethical conduct and corruption. Leonard goes as far as saying that those challenges provide the best long-run protection of taxpayers' interests and of reducing misappropriations of tax revenue. I agree. Recommended reading.

Please contact me with any concerns or feedback that you would like me to represent to the County Staff or my fellow Council Members (OFFICE 403.520.1290, CELL 403.463.1166, EMAIL Kevin.Hanson@RockyView.ca).

TWO SPRINGBANK COMMUNITY HIGH SCHOOL (SCHS) PHOENIX FOOTBALL PLAYERS COMMIT TO PLAY FOR THE UNIVERSITY OF CALGARY (U OF C) DINOS

Interview with Luke Barnard & Colin Clarke

Describe Your Path to High School Football

Luke: To be honest, I hated football before I played. I've always been a big rugby guy and felt as though football was a 'rip-off' with all of the additional padding and protection. I was convinced by a couple friends (now teammates) to give it a chance and to come out to see what football was really all about. The rest is history, and oddly enough, I now prefer football to rugby.

Colin: I can always remember watching football as a kid and wanting to play. My Mom has always been hesitant about injuries. I remember after a lacrosse game I was approached by a community football coach to play for his team. I sat down with my Mom and we discussed the opportunity and she allowed me to play. Since then I've always stuck with it.

What Kind of Adversity Have You Faced on Your Road to University Football?

Luke: I was born in South Africa and began my education there. In 2006, my family moved to Singapore for a year and then on to Australia for another year after

that. In 2010, we moved back to South Africa and finally in 2013 we came here to Canada. Over the course of all of the moving, the continuity of my education has been impacted with different rules and guidelines between countries and educational systems. I've found this to be one of the toughest adversities that I've had to overcome thus far.

Colin: I've always struggled to enjoy being at school. School was a means to play football for me and I never really applied myself much academically. My Mom eventually caught on to this and explained that if football was something I truly wanted to pursue, I'd have to turn my academics around and start taking school more seriously. Although I still may not like it, the support from my coaches and teammates has helped make this much easier to accomplish.



Colin Clarke




Luke Barnard

What Would You Suggest to Someone Who is Interested in Pursuing a Football Career?


Luke: Don't worry about what pressures people place on you, or the school that you'll go to. If you really want something, be prepared to sacrifice some of the things you love (for me, it was rugby). Even the 'hardest' times have an end. Persevere and surround yourself with good people, the ones who make you laugh, the ones who support and encourage you and the ones who push you to be the best version of you. I'm so grateful for those people who have brought me to this stage in my life.

Colin: Don't worry about the colour of the jersey or the team ranking. If you're talented enough people will take notice. If you have the opportunity to play for a community team at a younger age to gain the fundamental skills, I strongly recommend that you take advantage of that opportunity. As you progress from there through the various leagues, you'll be so far ahead and able to build on the foundations that have been provided. When the time comes, be prepared to put your head down and work hard for your goals. And don't worry about everyone else and what they're doing, just focus on yourself and how to get better.

Contributed by SCHS Football Coach Shane Martell and Students Luke Barnard & Colin Clarke



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THE WINTER BEAUTY OF ELBOW VALLEY

We are so fortunate to live in beautiful surroundings that provide us with so many different natural settings, vistas and views. As with other communities that are located within the greater Springbank Community, Elbow Valley enjoys “Mother Nature” right outside of our front doors. I am very pleased to share with our Park Patter Newsletter readers these “Winter Settings” photos I’ve taken in around Elbow Valley.

Contributed by Lynda Gilchrist, Elbow Valley Resident



SPRINGBANK FRIDAY MORNING SENIORS MIXED CURLING LEAGUE

A Great Curling Opportunity - Have Fun, Exercise & Enjoy Meeting Friends

Norman Nelson was on hand at the Springbank Friday Morning Seniors Mixed Curling League's Christmas lunch (held on December 13th) for the presentation of the Nelson Memorial Trophy to the curling team that won the Fall Session's Round Robin Tournament. Now 95 years young, Norman was an active curler right up until this current season. He skipped many curling teams to a multitude of victories during his very active curling career. The Nelson Memorial Trophy was given to the League a number of years ago by the Fisher family in memory of Norman's wife, who was also an avid curler.

The January 10th – March 20th Winter Session is now well underway, with 10 teams participating. The League has added 8 more curlers who are regularly playing in the Winter Session. A big “thank you” goes out to

Brian Davies, who as Draw Master, sets up the teams, the curling schedule and also arranges for spares to play when they are needed. A big “thank you” also goes out to Tracey Cove, who serves as the League's Treasurer.

The League is now using 5 of the 6 sheets of curling ice available at SPFAS. The League has room for 8 more curlers to play regularly in the League next season. With this in mind, if you are interested in joining this fun League for the 2020 Fall Session, you can add your name to the League's Spare Curlers List for the remainder of this curling season. To obtain more information about becoming a Spare Curler, as well as to register to play regularly next season, you are welcome to contact Brian Davies via email at briancapitalland@gmail.com or via phone at 403 861 2742.

Contributed by Shirley Tajcnar



Right to Left: Norman Nelson, Brian Davies (Draw Master), Winning Team Members Tim Presber (Skip), Doreen Charbonneau (Lead), Shirley Tajcnar (2nd), Fritz Perschon (3rd - Sparring for Mary Jane Hunter)

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THE 2020 SPRINGBANK LADIES OPEN BONSPIEL

The SPFAS Shane Homes Curling Rink hosted the Springbank Curling Club's annual Springbank Ladies Open Bonspiel from January 10 - 12, 2020. This bonspiel featured a full slate of 24 teams who represented 9 different Curling Clubs located within the Greater Calgary Region.

All of the curlers enjoyed a terrific weekend of great curling and good sportsmanship. Everyone also enjoyed an entertaining evening at the Bonspiel's "Night on Broadway" banquet. The women were treated to a delicious roast beef dinner catered in the Springbank Sports Lounge, during which many of the curlers had lots of fun while wearing themed costumes that were very creative!



Congratulations to the 2020 Springbank Curling Club's Ladies Open Bonspiel Winners (top to bottom):

- A Event Winner: Wytrychowski Team (Airdrie Curling Club)
- B Event Winner: Senneker Team (Springbank Curling Club)
- C Event Winner: Foster Team (Inglewood Curling Club)

(Notable Mention: Placing 2nd in the A Event – The Salyn Team; This Team will be competing in the Curling Alberta Provincial Masters Championships that will be held in Airdrie from March 4 – 8, 2020; Best of luck to this Team, which includes 3 Springbank residents and is sponsored by the Springbank Curling Club).

The SPFAS Ice Operations Staff maintained excellent ice conditions. Several teams from the Springbank Curling Club's Monday Ladies League participated in this Bonspiel and they also helped by volunteering throughout the weekend. The joint efforts of the SPFAS Staff and Springbank Curling Club volunteers contributed to the making this Bonspiel a huge success!

This Bonspiel was sponsored by the Springbank Curling Club and the Springbank Park For All Seasons, as well as by Curlers Corner, Original 16, Country Hills Golf, Epicure (via Suzie Nugent), COBS Bread (Crowfoot Location), Canadian Brewhouse (in Cochrane), Montgomery Safeway, North Hill Safeway, Crowfoot Coop and Westsprings Coop. Your terrific support of this Bonspiel is greatly appreciated!

Contributed by Deb Phillips, Springbank Curling Club's Ladies Curling Coordinator with Photo Credits to Joan Walker



A Event Winner: Wytrychowski Team (Airdrie Curling Club)



B Event Winner: Senneker Team (Springbank Curling Club)



C Event Winner: Foster Team (Inglewood Curling Club)



2nd in the A Event – The Salyn Team

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2020 NEW YEAR'S HAPPENINGS AT SPRINGBANK ACADEMY

Global Sport Academy's Springbank location is back in full operating mode for the New Year! We would first like to wish all Springbank residents a belated Happy New Year.

We would like to ask our Springbank Community to join us in congratulating a number of former and current Springbank Academy student-athletes on making their respective college commitments during the winter break. Nine additional names are now added to our Academy's vast and growing list of Hockey and Golf Academy student-athletes who have found postsecondary educational homes to pursue their athletic endeavours.

Katie Maloney (Grade 12) and Isabella Borbridge (Grade 12) are both headed to the Plymouth State University Panthers (located in Plymouth, New Hampshire) to play NCAA hockey. Emma Neff and Maddy Noonan (both Grade 12's) have committed to playing hockey for the University of Lethbridge Pronghorns. Grace Crooks (Grade 12) has committed to be on the Grant MacEwan University Griffins hockey team, which along with the Pronghorns, plays in the Canadian Interuniversity Sport (CIS) USports Association.

Former Springbank Academy forward Brayden Morrison (17 years of age) has committed to play NCAA hockey for the University of Wisconsin Badgers (located in Madison, Wisconsin). Fellow Springbank and NWCAA alumni Eric Martin has announced his commitment to play NCAA hockey for the Bemidji State University Beavers (located in Bemidji, Minnesota). Springbank forward Nathan Morgan has committed to playing NCAA hockey for the Union College Dutchmen (located in Schenectady, New York). In addition, Jaden Bradshaw was the first golfer this year to commit to a school. He will be attending Menlo College (located in Atherton, California) as a member of the College's golf team.

"Some challenges as a freshman include learning to balance

hockey and university schooling together, moving so far away from home and adjusting to the speed and strength of the girls in the NCAA compared to Midget hockey," explains Ms. Maloney. "I'm currently training with Global [Springbank Academy] as well as the Fire [Midget Program] to get ready for this upcoming journey and I am keeping on top of my academics to prepare myself for next year."

Global Academy and the entire Springbank Community extend best wishes to Katie, Isabella, Emma, Maddy, Grace, Brayden, Eric, Nathan and Jaden with their journeys ahead!

Global has scheduled one more Springbank Academy Info Night for prospective Male and Female Hockey and Golf Academy student-athletes. Interested individuals and families can find contact information and location details for this event by going to Global's website (globalsportacademygroup.com). If you have any questions about Global, our Info Nights, our programming, or our staff, we would be happy to set up a 1 on 1 meeting with you. Whatever your and your family's goals may be, wherever your son or daughter's efforts take them, our goal is to ensure that Global Sport Academy propels them on their journeys and helps them to grow and develop the skills they need to attain future success in all facets of their lives.

Contributed by Evan Li for the Global Sport Academy Group



INFO NIGHTS

JOIN US AT AN INFORMATION NIGHT IN YOUR AREA TO LEARN ABOUT OUR GLOBAL SCHOOL PROGRAMMING!

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Figure Skating Club

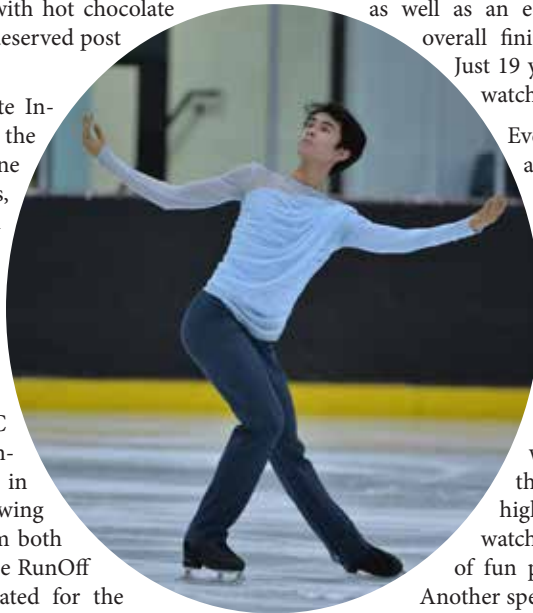


The month of December was a whirlwind of activity for SFSC skaters of all ages. The Canskate Program wrapped up a successful fall skate session, which ended with a skate with Santa. The skaters showed off their new skills, chasing after Santa and playing their reindeer games. Then they relaxed with hot chocolate and treats during their well deserved post skate party with the big guy!

The 2019 Calgary STARSkate Invitational events, as well as the Alberta Winter Games Zone 1 - 4 Runoff competitions, were held in Cochrane from December 6th - 8th. Twenty Springbank Starskate skaters participated in these activities. The Club had a very impressive showing, with eighteen of them reaching the podium! SFSC had both fantastic representation and strong standings in almost every category. Following this competition, marks from both the STARSkate events and the RunOff competitions were accumulated for the skaters. The Springbank Figure Skating Club is very pleased to confirm that three skaters represented the Club at the 2020 Alberta Winter Games that were held in Airdrie from February 14th - 16th: Alexa Afaganis (Star 6), Katya Gereluk (Pre-Novice), and Vienna Nodwell (Novice). The Club is very proud of these three skaters and how well they represented SFSC at the Winter Games!

Grace Johnson and Dawson Nodwell both had very strong showings at the Skate Challenge qualifier for the Canadian Nationals competition. Grace narrowly missed qualifying to skate at the Nationals event, as the competition was very fierce in the Novice category. Dawson Nodwell had two fantastic skates at the qualifier and he was included on the list of skaters who participated in the senior men's category of the 2020 Canadian

Tire Canadian National Skating Competition that was held from January 13th - 19th in Mississauga, Ontario. The Springbank Figure Skating Club heartily cheered Dawson on as he skated at the Nationals! He attained a very impressive 9th place finish after the Short Program, as well as an equally impressive 11th place overall finish following the Free Skate. Just 19 years of age, Dawson is one to watch in the coming years!



Even with all of the above noted activities that took place in December, the Club's senior skaters still made time to share some holiday spirit and give back to the community. On December 14th, the senior skaters volunteered at a Kids Cancer Care Foundation event, which led to approximately 50 children together with their families sharing in the joys of skating. One of the highlights of this event involved watching many children have lots of fun participating in skating races.

Another special moment involved helping a teenager skate who previously did not want to try to do so as a result of incurring balance issues arising from cancer treatments. Some children asked the senior skaters to teach them to spin like figure skaters, while others were pulled along the ice on a sled, and still others played in a pickup hockey game. A key aspect of the Foundation's support for kids with cancer involves creating opportunities where children with cancer can participate in physical activities that help them to recover both physically and emotionally following their treatments. These opportunities provide them with ways to reclaim their childhoods, as well as to experience normal activities which are often lost or foregone during their illnesses.



Contributed by Dianne Gereluk for the Springbank Figure Skating Club

Springbank LADIES TIME OUT

Ladies Time Out in Springbank is a not for profit group that provides a meeting place for women living within Springbank, Calgary and the surrounding area. Members come together to enjoy good coffee and great conversation, as well as to participate in a wide variety of registered classes. We meet Monday mornings at the Eden Brook Reception Centre, which is located along Lower Springbank Road near the 17th Ave SW intersection.

Our Winter session is underway, with our members enjoying a variety of classes that include cooking, art, fitness, massage, facials, reflexology, as well as a drop-in coffee and chat group. We still have some spots available in some of our classes. Please visit our website at www.springbanklto.com to obtain more information about our classes. The Winter session will be wrapping up on May 11th with our Spring Tea. Everyone is welcome to join us from 9 – 11 a.m. at Eden Brook to enjoy tea and snacks, along with lots of good coffee and great conversation, as well as to learn more about our group.

Follow us on Facebook and Instagram ([@springbanklto](https://www.instagram.com/springbanklto)) to view photos of past activities, as well as to learn more about upcoming events. Have questions? Send your email to springbanklto@gmail.com. We are looking forward to seeing you soon!

Contributed by Nicole Genereux for Ladies Time Out



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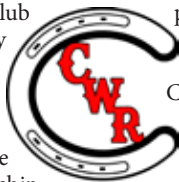
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CALGARY WESTERN RIDERS (CWR)

The Calgary Western Riders is a horse riding Club that holds monthly gymkhanas between May and September every year at the Springbank Equestrian Park, which is located directly off Lower Springbank Road.



CWR has been in operation for over 60 years. The Club is dedicated to promoting good sportsmanship and horsemanship, as well as providing an enjoyable and safe environment for horses and riders of all ages and experience levels.

The Club's members range from 3 – 70 years of age. CWR welcomes all participants to the Club, whether they are just starting out with their equine partners, or are more experienced and are looking for some friendly competition. The Club offers a wide variety of classes and categories. We have something for to offer everyone! The Club's slogan is to "Keep the West Western". We strive to do so in a fun family-oriented environment that is inclusive of all ages and abilities.

In addition to hosting monthly gymkhana events, we provide opportunities for all Club members to

participate in a number of parades. We have been regular participants at the Airdrie Canada Day event and we often also participate in the Calgary Stampede Parade.

The Club's 2020 gymkhana events dates are listed as follows:

- May 24th
- June 28th
- July 19th
- August 23rd
- September 13th
- Rainout Dates: September 20th and 27th

To obtain more details about the Club (including membership forms, a Club Handbook, sponsorship opportunities and other information), send your email to calgarywesternriders@gmail.com, or visit our Club's Facebook page. By the way, we really appreciate our local businesses who help us to keep our Club operating and sustainable.

Contributed by Sarah Hanratty – Secretary for the Calgary Western Riders

SPRINGBANK BABES ON BLADES HOSTS 1ST ANNUAL CO-ED HOCKEY TOURNAMENT AT SPFAS

There's nothing like some friendly competition between family members and friends! The Springbank Women's Babes on Blades Hockey Group hosted their 1st annual co-ed mini tournament on December 30th at SPFAS to celebrate another amazing year dedicated to inspiring women to play hockey. What started out as a 1 team fun game of shinny quickly turned into a 4 team mini tournament. Everyone enjoyed an evening full of fun and competition, as well as the awarding of most valuable player prizes and a highly coveted championship trophy. We closed off the event by enjoying a

potluck dinner, along with a great deal of social banter. We all had a great night spending time together with friends and family members and we even skated off some extra pounds gained over the holiday season!

If you are interested in playing women's hockey at SPFAS during the day with the Babes on Blades, either for the remainder of the current season, or perhaps for next season, you are most welcome to contact Juliette Ganske via email at jjganske01@gmail.com.

Contributed by Juliette Ganske for the Babes on Blade Women's Hockey Group



SPRINGBANK HERITAGE CLUB NEWS

Tuesdays are busy days at the Springbank Heritage Club. The Tuesday morning singing group has welcomed 5 new members since the beginning of 2020. You are welcome to call Joan (403 851 3818) if you would like to join this group. On Tuesday afternoons, we typically have Club Members at 3 tables enjoying playing bridge. And, as always on Tuesdays, Club Members also enthusiastically enjoy playing pool, as well as crib, canasta and other card games.



The easy listening Friday afternoon music group always enjoys jamming on their musical instruments. Sometimes they even entertain appreciative audiences. Call Roy (403 242 9091) if you are interested in joining these musicians.

Seven Springbank Heritage Club members are taking advantage of the opportunity to participate in the Friday Morning Mixed Curling Seniors Program at the SPFAS Curling Rink. You can call Brian Davies (403 861 2742) to obtain additional information about participating in this really fun activity.



The Chinook Country Mardi Gras Dancers will be entertaining Club members following the potluck lunch that is scheduled to be held at 1 p.m. on Wednesday, February 26th.

Come and join us at our beautiful facility, which is located at 244168 - Range Road 33. You can call 403 242 9350 to obtain more information about our Club and our facility. And, if you may be interested in renting our facility, you can contact Val Finch (403 288 1288).

The Heritage Club has some happy news from Christmas of 2019 to share with our Springbank Community: (1) The Cochrane Activettes were greatly appreciative of the abundance of children's gifts that were sent to them by the Club; and (2) Some Heritage Club members really enjoyed giving Santa Claus a hand just before Christmas by helping to respond to 30 letters that were received from children who wrote them at the Harmony Discovery Centre.

Contributed by Shirley Tajcnar

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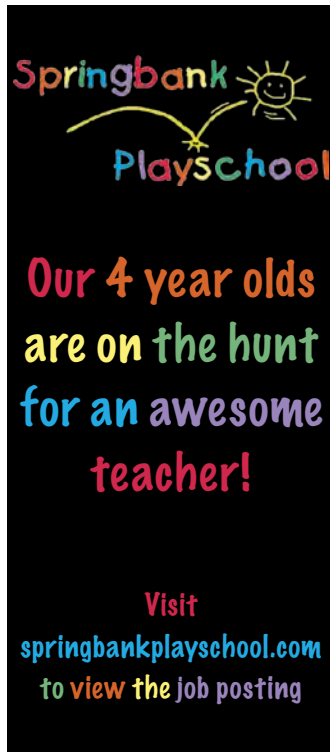


SPRINGBANK PLAYSCHOOL UPDATE - REGISTER NOW!

The Springbank Playschool is now accepting registrations for the 2020 - 2021 school year. Located upstairs within the Springbank Park For All Seasons main facility, the Playschool runs from September to May. The Playschool offers morning and afternoon programs for both 3-year-olds and 4-year-olds. Our bright classroom has been a part of the Springbank Community for generations. It continues to provide kids with a fun and creative environment for learning.

Our education program focuses on children learning through play. Each day may include stories, crafts, songs, going outside, circle time, as well as a significant amount of time for free play! Free play encourages children to use their imaginations, build relationships and explore ideas. Special guests and field trips happen throughout the school year. So far this year, the students have been to Butterfield Acres, they have had reptiles visit the classroom, they have gone to the Springbank Fire Station and they've gone skating together.

We are a non-profit parent co-operative playschool. This means that we value parents being



involved both in the classroom and behind the scenes. We have a parent board and parent helpers. Each child gets a special day when their parent, grandparent, or nanny get to come into the classroom and be a part of it all!

We keep our class sizes small and maintain low fees. Small class sizes help children to become confident in their classroom environment more quickly. This also provides students with better opportunities to learn and receive support. Our goal is to give students positive first learning experiences that will give them confidence as they grow and move on to elementary schools.

Register now by visiting the Playschool's website to find registration forms, as well as more information about our programs and our school. Please contact our registrar, Delaney Kaminski, via email at delaneykaminski@gmail.com to ask any questions you may have, as well as to obtain other information and to complete the registration process.

Contributed by Delaney Kaminski for the Springbank Playschool

SPRINGBANK CREATIVE ARTS CLUB

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

The 2019 calendar year was a great one for the Club. The Springbank Christmas Market was a huge success! The Club also welcomed new members, who really got to know each other while they shared their ideas and projects throughout the year. The Club's year rounded out with a wonderful dinner and gift exchange hosted by Leona and Paul Wood, who graciously welcomed all Club Members to their specially decorated home. A huge "Thank You" to Leona and Paul for hosting this event for our Club!

At a later date, the Club's next meeting time and date will be scheduled to take place some time in March. You can contact Janice via email (janice3lambert@gmail.com) to obtain the date of the next meeting, as well as to ask to have included in this meeting's agenda any new business

items you may want the Club to consider.

We are a very enthusiastic group and we warmly welcome new members to join our Club, come to our meetings and participate in the Club's other activities and events. The Club provides great opportunities to meet artists, artisans and other crafters who live in Springbank. Come to the Club's meetings and bring along with you your latest creations (for Show & Tell) to share with other Club Members.

To obtain more information about the Club, a Club membership, future Club meetings and the 2020 Annual Christmas Market Sale (to be held on November 7th & 8th), you are welcome to send your email to yjo999@gmail.com . You can also follow us on [facebook.com/springbankchristmasmarket](https://www.facebook.com/springbankchristmasmarket) . Stay warm, everyone!

Contributed by Yvonne Bamlett for the Springbank Creative Arts Club



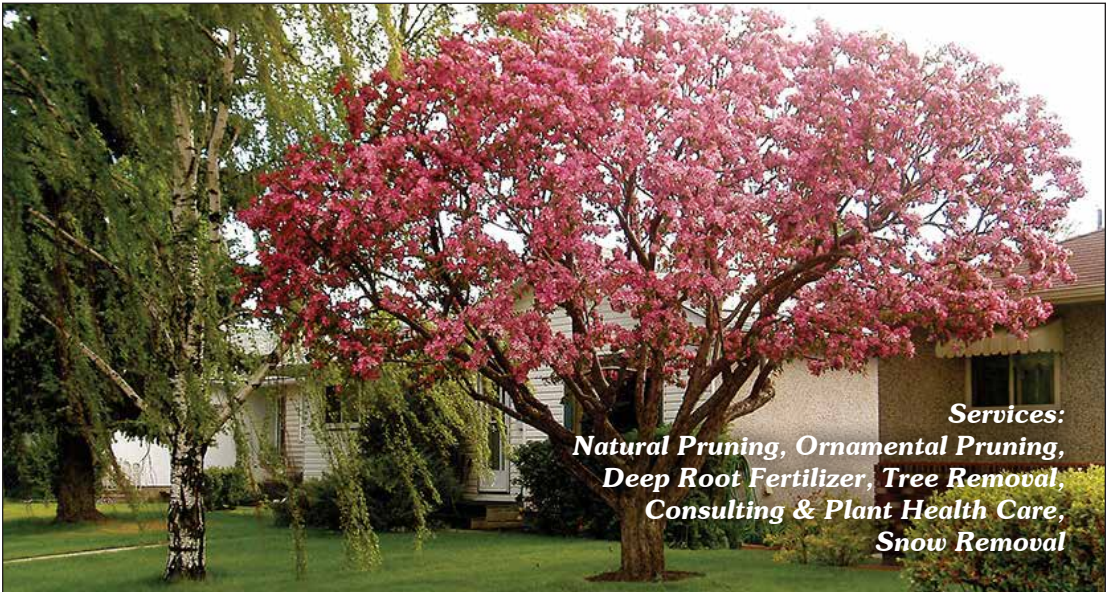
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After more than a year of preparation, on January 25, 2020 the Esker Foundation opened the largest and most comprehensive solo exhibition to date of Katie Ohe's work. The opening night was a resounding success! More than 3,000 people of all ages came during the first weekend of the exhibition to view Katie's work. This in-depth exhibition, which spans six decades of her work, reflects on her sculptural practice and her unparalleled approach to materials, form, space, and movement. It also highlights her standing and her legacy as a pioneer, teacher and mentor of abstract and kinetic sculpture.

Esker's Director and Chief Curator Naomi Potter and her team of specialists spent months interviewing, photographing, filming and following Katie, as well as documenting her archives, her studios, and her creative process, in order to provide a glimpse into her passion for "research, inquiry, and visual or formal problem-solving." The Foundation's efforts were unprecedented and exceptional with respect to restoring, reassembling, testing and transporting many of Katie's works (many of which had been scattered throughout numerous collections) before they were installed in the Foundation's gallery's space. "I never thought I could ever see many of these pieces in one location, because some of them have been stored for a very long time, and some are very heavy and difficult to carry around," said Ohe.

In January, the Kiyooka Ohe Arts Centre launched a series of interactive, hands-on arts workshops in coordi-



Kiyooka Ohe Arts Centre

nation with local Springbank schools' arts programs. The first one took place at the Springbank Middle School under the tutelage of artist and art teacher Tish Doyle-Morrow in collaboration with sculptor James Ziegler. It

involved at least 40 eager teenagers who created sculpture models using laser cut geometrical shapes designed by Ziegler. The students worked in pairs. They took videos and still images of their work with their phones. These workshop's goals include allowing our youth to experiment with shapes from a personal perspective, to share them with peers, and also to understand how their creations relate to the real life works of professional artists (in this case a larger metal art piece the KOAC commissioned Ziegler to create). On the last day of the workshop, the students attended Katie Ohe's exhibition at the Esker Foundation. They also visited Katie's Springbank studio, where Ziegler was working on the finishing touches of his polished steel piece that will become part of the KOAC's sculpture park.

You can support KOAC's not for profit mission by donating, or by visiting and registering as a friend of KOAC (go to www.koartscentre.org to do so). The Kiyooka Ohe Arts Centre Society is registered in Alberta and is recognized as a Canadian charitable organization by the Government of Canada.

Contributed by Ricardo Castillo Argüello – KOAC Executive Director with Photo Credits to Claudia Weigelsberger and Elyse Bouvier



Students at Esker Exhibition



Katie Ohe with k.d. lang



Student creating in workshop



Opening Night at Esker Exhibition



Student's art work

SPRINGBANK RAWHIDES 4-H CLUB

The Springbank Rawhides 4-H Club has had another busy month in February. To start off the month, our Club enjoyed an awesome night of tubing at WinSport. This event was coordinated and hosted by the 4-H Rockyview District. Springbank Rawhides Club members also enjoyed participating in a curling bonspiel that was held in Crossfield. Along with supplying pizza and drinks, our Club helped to organize this event. Our Club's members were assigned to various teams along with members of other 4-H Clubs. This gave all of the curlers opportunities to make new 4-H friends. Everyone participated, including people who did not know how to curl and were curling for the first time.



The Club's Canine members have been practicing training their dogs for future dog shows. Lifeskills members have been working on their projects, which will be put on display at the upcoming 4-H On Parade event. After the cold stretch during the month of January, those with equine projects are conditioning their horses as they prepare for upcoming horse riding events that are scheduled to begin in March.

The Rawhides are getting ready for another busy season of public speaking. It is mandatory for every Club member to complete a communications activity each

year. Members have the choice of either presenting a speech followed by an impromptu session, or they can choose to make a presentation. Depending on their ages, members must fulfill time requirements for their speeches and presentations. People who place well in their speeches have opportunities to move onto higher levels of communications competitions. The order of competition levels ranges from Club to Areas to Districts and then to Regionals. Senior 4-H Club members can also advance to the Provincial level. Even if they do not move on to the next level, participants learn excellent communication skills and they become significantly more confident when they are speaking to audiences. Competitions are good opportunities to learn how to improve their future presentations, as feedback is provided by judges. Members can also participate in MC (Master of Ceremonies) Club level speaking events in order to become even more skilled and comfortable with speaking to audiences.

If you have any inquiries about what the Springbank Rawhides 4-H Club has to offer, please contact Norma Ansloos via email at norma.ansloos@parker.com.

Contributed by Jennifer Sadownyk for the Springbank Rawhides 4-H Club



Learn To Do By Doing

SPRINGBANK GARDEN CLUB

I've always found insects fascinating! At a young age, I remember marveling at the bees and butterflies that would come to visit the plants in my mom's garden. Although her garden was contained in a small city lot, she used every inch of available space in it to plant shrubs, vegetables and perennial and annual flowers. I am fortunate to be able to carry on my mom's gardening tradition. I am also glad that I can discuss the variety of insects that I observe in my garden with members of the Springbank Garden Club. The Garden Club is a forum for gardeners (green thumbs and newbies) to share their ideas and learnings.

Most plant species found in natural habitats need animals for pollination. The production of food and seeds is dependent on pollination and, in turn, the plants provide shelter and nesting habitat for different animal species. Healthy insect populations are vital for pollination, as well as to ensure natural ecosystems are maintained.

When people discuss plant pollination, they most often talk about bees as being important pollinators. But other insects, such as moths, beetles and butterflies, are also significant. For example, some moths are nighttime pollinators. The plants they pollinate open up at night. These plants are typically pale (or of a white color) and very fragrant. Butterflies are very active during the day as they visit a wide variety of flowers. They probe for nectar with their tongues. They favor flat clustered flowers which provide them with landing pads.

Having a diversity of plants that flower from spring to

fall helps in your garden provides pollinators with a constant source of nectar and pollen throughout the growing season. Other things you can do in your garden to help pollinators include keeping vacated rodent holes open and leaving some old logs near the edges of your properties to encourage queen bumble bees to nest and overwinter. Include flowering plants in your yard, such as willows, roses, honeysuckles, goldenrods, asters, gooseberry, currant, milkweed and other native flowering species. And don't mow dandelion flowers in the spring until other flowers have had a chance to bloom. Dandelion flowers are one of the few sources of pollen and nectar for queen bees when they are emerging from hibernation. If you can, reduce the use of pesticides or chemicals in your garden. Contact with these products is thought to have an adverse effect on pollinator populations.

We're always trying to support our pollinator friends in our garden. My children seem to enjoy watching them as much as I did when I was growing up.

If you would like to learn more about insect pollinators in your garden or about other gardening topics, or if you would like more information regarding the Springbank Garden Club, you can contact Barb via phone at 403-286-1605 or email at bdweetsmith@gmail.com.

The Club meets at 7:30 p.m. the third Tuesday of every month from September until June at the Springbank United Church.

Contributed by Monika Stirling, Master Gardener





BEACH
Programming

ATHLETE
Development

COMMUNITY
Engagement

at Springbank Park For All Seasons

Summer Day Camps
JULY 20 - 24 & AUGUST 17 - 21



SANDY TOES

The first steps towards loving the beach are getting your feet in the sand! Our program for the youngest beach goers are day camps focusing on learning through play, teamwork, creativity, and motor development in a variety of beach sports and games, as well as beach themed crafts and activities.

Ages 5 - 8
\$350/camper/week
9:00 am - 4:00 pm
Drop-off starting at 7:30 am
Pickup until 5:30 pm



BEACH PLAY

School aged kids who are ready to get active on the sand will participate in a variety of beach sports and games focusing on learning through play, teamwork, creativity, and athletic development. These day camps will include other outdoor activities as well as beach themed crafts and games.

Ages 9 - 12
\$350/camper/week
9:00 am - 4:00 pm
Drop-off starting at 7:30 am
Pickup until 5:30 pm



BOSS BEACH

These unique beach volleyball day camps led by our team of experienced coaches focus on the foundations of beach volleyball along with leadership, teamwork and strategy. Participants will have the opportunity to develop their volleyball skills with an emphasis on fun, participating in a variety of beach sports, games and activities.

Ages 13 - 15
\$375/camper/week
9:00 am - 4:00 pm
Drop-off starting at 7:30 am
Pickup until 5:30 pm

FOSTERING THE LOVE OF BEACH VOLLEYBALL

PLAY • GROW • CONNECT



Register online at:

PLAYBeach.ca

Connect with Us
email@playbeach.ca



We love to *Play* BEACH and we want you to too!



Springbank

COMMUNITY ASSOCIATION

Message from the President of the Springbank Community Association:

Happy New Year! At the Springbank Community Association, our 2020 priority is to improve connections within our community. We are working through a few ideas, including:

- Evolving our social media into a community hub by sharing local stories, events and more. As a first step, we are introducing a “Volunteer of the Month” section (see below).
- Improving our newsletter to bring residents relevant information. Are there topics you would like to see from us that aren't currently being covered?
- Reaching out to our local schools to hear what our 2,000 students are up to and sharing their activities with our community.

We challenge our community to:

- Ask how can we be better neighbors this year?
 - How well do you know your neighbors?
 - Do you have elderly neighbors who could use some help with snow removal or spring clean up?
 - Do you have a neighborhood watch program set up on your street or within your community? Go to <https://cfparcw.ca/about.html> to obtain more information.
 - Do you have a community contact list, in case of emergencies, to reach out for help or to share suspicious activity, or just to connect with your neighbors?
- Celebrate one another – Share stories of kindness and generosity within our community on our Facebook page – Visitor posts are welcome!

Photos, videos from our community are encouraged! Take a picture at your local event and share it with us at <https://www.facebook.com/springbankcommunityassociation>.

Give a shout out to a great coach, teacher or child in our community.

Our Priority Updates:

Springbank Off-Stream Reservoir (SR1)

We are in “hearing preparation” mode and are also wrapping up our submission to the Canadian Environmental Assessment Agency. This is a tremendous undertaking. We are appreciative of the broad network of local residents, experts and community groups who have come together to work on this issue. We expect to qualify as an intervenor in the NRCB hearing process and we will be asking members of our community to join with us. Rather than individuals intervening within the community, we plan to act as the umbrella organization for Springbank and area concerns. Ideally, we will aggregate community concerns and ask for funding to get expert studies and testimony. We plan to raise health concerns, air quality issues, water quality issues, dam safety and wildlife concerns, to name a few. If any of these are hot button topics for you, please send us an email: president@springbankcommunity.com so you can join us in this process. If you know anyone who lives adjacent to, or near, the SR1 footprint, please forward them this newsletter and encourage them to get in touch with us.

Bow River Dam: Glenbow East Option

Alberta Environment and Parks is currently assessing the three options to construct dams on the Bow River. AEP will continue to accept public feedback sent to its project email address: aep.bowbasin@gov.ab.ca. To obtain more information, refer to the project webpage at <https://talkaep.alberta.ca/bow-basin>.

Upcoming Events:

Save the date for our 2nd Annual Sport Used Equipment Sale. It will be held Saturday, April 4th, at the Springbank Park For All Seasons. Watch for more details on our website and future newsletters! You also may have noticed our recently held Wine and Cheese event being advertised on road signs sporting our logo. These signs belong to the Springbank Community Association. We are happy to promote your event in the community! To about more information about accessing these signs, send your email to president@springbankcommunity.com.

Springbank Community Association's Community Volunteer of the Month:

Karen Tereposky is a linchpin in the strong and growing Springbank Soccer Club (SSC). When Karen's own daughters were becoming involved in soccer, she noticed that there were too few female coaches. In typical Karen style, she did something about it. Karen started coaching grassroots soccer in 2007 and has since coached or assisted boys and girls U8 - U15 teams playing in Tiers 1 to 4, as well as teams playing in the Zone 2 Alberta Winter and Summer Games. After coaching in Springbank from 2011 - 2014 and also serving on the SSC Board, Karen coached teams playing within two city clubs before returning to coach in her community. Her Coach Education includes: NCCP FUNDamentals, Learn to Train and an Alberta Provincial C License. She also plans to complete her Children's License next year. Karen encourages her players to take risks, regardless of the results. Because of this "it's okay to fail" philosophy, her players quickly develop excellent ball control and skills. More importantly, these young women develop confidence and belief in themselves under Karen's guidance. On top of contributing countless hours to the Springbank Soccer Club and being a role model for her players, Karen is a mother of three and an Employment

& Insolvency Lawyer at Field Law. Thank you, Coach Karen, for your substantial contribution to making Springbank a great place to live and play!

If you would like to nominate a great local volunteer to be our "Volunteer of the Month", send your email to news@springbankcommunity.com.

Contributed by the Springbank Community Association



Springbank Wellness Clinic

COMMUNITY BASED ACUPUNCTURE CLINIC

Specializing in treatment for

- Sports Injuries
- Motor Vehicle Accidents
- Fertility and Pregnancy
- Anxiety and Depression
- Cold & Flu
- Digestion Problem
- Sleep Disturbances
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Dr. Cindy Dowsett DTCM, RAc

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Golf Course off Range Road 32



cindy.dowsett@springbankwellness.com
www.springbankwellness.com
403.796.8336

SPRINGBANK WILDLIFE

In the “dead of winter” (especially the “frozen week” from January 12th – 18th), we can truly admire the resilience and perseverance of the animals and birds with whom we share our Springbank Community.

Audrey Niles has sent two wonderful photos she has taken near her Springbank home. The first is a brilliant photo of a Yellow Shafted Northern Flicker. The second features a momma moose and her yearling calf, who have been hanging around her residence this winter.

Arlene Rop has contributed an exceptional photo of a multitude of Canada Geese nesting and grazing in a grain field located in North Springbank. Due to the poor harvesting conditions this past fall, the crop in this field was only swathed and it could not be combined

before snow fell and winter set in. Flocks of Canada Geese have been coming off of the Bow River every day during the winter to enjoy grazing and nesting in this field during sunlight hours. Then they go back to the Bow River to settle in at nights. This picture also captures a segment of a massive Chinook Arch, as well as of the snow covered majestic Rocky Mountains.

Thanks to the Springbank residents who have shared with us the locally taken photos which are included in this Park Patter Newsletter. If you would like to share your photos of birds or other wildlife you’ve recently taken in Springbank, email them to jrop@springbank-park.com.

 Contributed by John Rop – SPFAS General Manager



SPRINGBANK WELLNESS CLINIC

The Springbank Wellness Clinic (SWC) opened its doors in April of 2019. Springbank Wellness is a home-based Clinic operated by Dr. Cindy Dowsett, Doctor of Traditional Chinese Medicine (TCM), Registered Acupuncturist and Reiki Master. The Clinic is situated on a beautiful zen property with spectacular mountain views. It is located near the Springbank Links Golf Course. The Clinic contains a separate entrance into a waiting room, as well as two treatment rooms. It also features an outdoor space that is available for community gardening, a sitting floral garden for peaceful reading and/or meditation, as well as indoor and outdoor spaces where children can play while patients receive treatment.

Dr. Cindy chose to build her business and raise her children in Springbank because her family, the Dowsett's, have helped build and have contributed to the Springbank community for over thirty years. SWC offers a wide array of services and treatments, including Acupuncture, Acupressure, Cupping Massage, Electro-stim Acupuncture and Herbal Medicine. Appointment times can be scheduled within the range of 30 to 90 minutes. Rates for treatment are very reasonable. Many of the services and treatments available at the Clinic are eligible for insurance coverage. Acupuncture is well known as a treatment for patients dealing with sports related injuries (including tendonitis, acute and chronic sprains, strains and fractures, shin splints, concussions, whiplash, etc.). SWC's also assists many patients by treating low back and hip pain, as well as

sciatica conditions. Acupuncture is also commonly used for, but not limited to, treating digestion disorders and complaints, sleep issues, mental health, addictions, colds and flus, fertility and pregnancy concerns, and enhancing postpartum health. SWC is hoping to add laser therapy and massage services and treatments in the near future.

Dr. Cindy has studied with and has been mentored by many famous and brilliant doctors who work at TCM hospitals in China which provide pediatric, geriatric, gynecology and internal medicine treatments and care. She has also worked in multiple hospitals located across Western Canada, both in labor and delivery rooms and in outpatient psychiatric wards. In addition, she has lectured at multiple universities and conferences throughout North America. She has also been invited to speak at conferences throughout Europe.

The Clinic is open to the general public. Appointments can be made in advance by request only on Mondays, Tuesdays and Wednesdays within the time frame from 9 a.m. to 5 p.m. Special evening appointments can also be made upon request. Additional information about the Clinic can be found online at www.springbankwellness.com.

Email: cindy.dowsett@springbankwellness.com and Telephone: 403.796.8336.

Contributed by Dr. Cindy Dowsett, DTCM, RAc, Reiki Master



INVITATION TO VOLUNTEER WITH ROARR

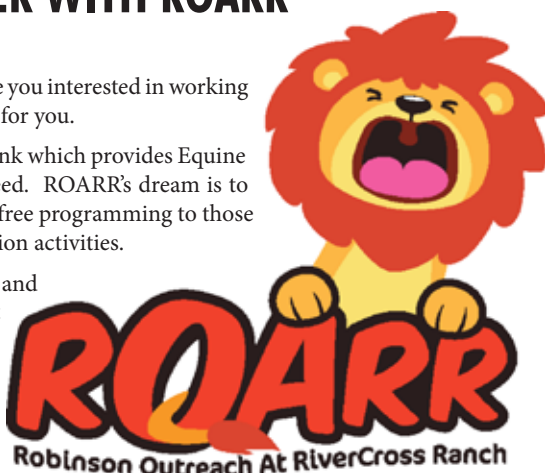
Robinson Outreach At RiverCross Ranch

Are you looking for somewhere to volunteer in 2020? Are you interested in working with horses and with seniors or youth? Then ROARR is for you.

ROARR is a non-profit organization located in Springbank which provides Equine Assisted Learning programs to seniors and youth in need. ROARR's dream is to see more people experience a ranch lifestyle by offering free programming to those who would not ordinarily be able to afford horse interaction activities.

To obtain more information about our programs and activities, as well as to sign on as a new volunteer, visit our website at www.roarr.org or contact Steph Gillies at 403-831-7041, steph@roarr.org. ROARR is located at 243233 Range Road 40 in the Springbank Community.

Contributed by Stephanie Gillies, BSW, RSW · Director of Development



jib

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