

the Silver Springs **SPRINGS**

JUNE 2022

YOUR COMMUNITY NEWSLETTER



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Father's
Day

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Elected Officials

Councillor:

Sonya Sharp: 403-268-2430

sonya.sharp@calgary.ca

MLA:

Jason Copping: 403-216-5436

Calgary.Varsity@assembly.ab.ca

MP:

Pat Kelly: 403-282-7980

pat.kelly@parl.gc.ca

Suburban Journals Publishing

Editor & Article Submissions:

editor@suburbanjournals.ca

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Phil: 403-660-7324

phil@suburbanjournals.ca

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In Our City

Councillor Report

Hello Ward 1! Summer is almost here. June is Calgary's highest risk month for flooding as the melting of snow and ice in the mountains accelerates. While the risk of severe flooding in any given year is low, it's a possibility that we must always prepare for. The City of Calgary is well equipped to respond to flooding, with preparation well underway and continuing work on further flood mitigation. You can find out more about flood risk and preparations at Calgary.ca/floodinfo.

The City of Calgary hosts a number of day camps for children with programs beginning July 4. Arts, sailing and outdoor rec camps are all available. Learn more at Calgary.ca/daycamps.

The City has new guidelines for patios on public property in 2022. This popular program began in response to COVID-19 but has become a great contributor to the vibrancy of Calgary streets. The new guidelines make accessibility and pedestrian safety a priority. Details are at Calgary.ca/patios.

Did you know that your property might contain a utility right-of-way? This is a zone on residential properties where utility providers can place their infrastructure, above or below ground. Utility providers are permitted to access this area without necessarily obtaining your permission. You can find out more about rights-of-way on your property at Calgary.ca/ROW.

Transit safety continues to be a high priority issue for our office. Councillor Sharp held meetings with Calgary Transit, City Administration, the Calgary Police Service and other agencies in May to continue to work on solutions to social disorder issues. We appreciate all of the feedback we have received from Ward 1 residents.

Sonya Sharp, Councillor, Ward 1

"Life is not a problem to be solved, but a reality to be experienced."

- Soren Kierkegaard

Heat Related Illness

EMS would like to remind everyone to stay safe in the heat and sun this season. While children and the elderly may be more susceptible to the effects of heat and sun, basic prevention measures should be taken by all to avoid a heat related illness during periods of hot and humid weather.

Heat exhaustion

- Heat exhaustion can occur due to excessive fluid loss during periods of prolonged sweating in a hot and/or humid environment (indoors or outdoors);
- Patients may suffer headaches, weakness, fatigue, nausea/vomiting, thirst, chills, and profuse sweating;
- The patient is usually cold and damp to the touch and the skin may appear pale, or dusky gray.

Heat stroke

- Heat stroke is a medical emergency which, without prompt treatment, could be fatal;
- It occurs when the body can't cool itself naturally (e.g. perspiration). The body's temperature will continue to rise to dangerous levels;
- Due to severe dehydration and the inability to sweat, the patient may appear flushed, and skin may be hot and dry to the touch.

First aid

- First aid for all heat related illness begins with removing or sheltering the patient from the hot environment;
- Remove excess, or tight fitting clothing, and allow them to rest in a cool environment;
- If the patient is conscious and alert, provide suitable fluids such as: water, juice, or a sports drink;
- If you are concerned, seek medical attention.

Prevention

- Stay well-hydrated by drinking plenty of water, at all times;
- Be aware that excessive alcohol consumption will



- promote dehydration;
- Always wear a broad brimmed hat to keep the sun off your face and neck;
- Apply a broad spectrum, waterproof sunscreen with a minimum SPF of 30+, especially for children. The sun's UV rays peak between 11am-3pm, even on cloudy days.

Alberta Health Services

Sudoku Corner

The objective is to fill a 9x9 grid so that each column, each row, and each of the nine 3x3 boxes contains the digits 1 – 9 only one time each.

	6		9	5			8	
		2						5
	5	8				2	7	
		6	1		5		9	
	7			9			6	
	9		2		7	8		
	3	7				4	2	
8						5		
	2			7	4		1	

Answer on Page 7

"YOU ONLY LIVE ONCE, but if you do it right, Once is enough."

– Mae West

Healthy Rivers: Map Shows Watershed Areas in Calgary

Calgary is fortunate to have two rivers and a network of smaller creeks and streams flowing across our city. From supporting clean drinking water and flood resiliency to contributing to biodiversity, they are a defining aspect of our daily lives and a unique characteristic of our city. Our Healthy Rivers Story Map allows you to connect with and learn about Calgary's watersheds, rivers and riparian areas, and explore actions you can take to protect the health of our rivers. Visit the Healthy Rivers Story Map at <https://maps.calgary.ca/HealthyRivers>.



To view more City of Calgary maps, please visit the Map Gallery at <https://maps.calgary.ca>.

City of Calgary

Don't Forget Father's Day—June 19

The tradition of Father's Day moved to Canada from the U.S., and is also celebrated on the third Sunday of June.

The idea of a Father's Day celebration originated with Sonora Louise Smart Dodd, a loving daughter from Spokane, Washington—as she per chance listened to a Mother's Day sermon in 1909.

The 27-year-old pondered if there is a day to honor mother then why not for father? She began a rigorous campaign to celebrate Father's Day with the Spokane Ministerial Association and the local Young Men's Christian Association (YMCA) supporting her cause. As a result Spokane celebrated its first Father's Day on June 19, 1910.

Though there was initial hesitation, the idea gained gradual popularity all over the U.S. and Father's Day came to be celebrated in many countries around the world.

www.fathersdaycelebration.com

Understanding Rights-of-way and Your Property

Did you know that part of your yard is made up of rights-of-way, and your property line doesn't begin at the edge of the road or sidewalk closest to your home?

The City of Calgary is responsible for managing access to municipal rights-of-way in Calgary. A right-of-way is an area that gives The City space to install infrastructure (e.g. street light poles and trees), while also giving shallow utilities (i.e. power, gas and telecommunications providers) a place to install and maintain their critical infrastructure. When utility work is required in your community, crews can apply for the permits required to access the right-of-way to install infrastructure, both above and below ground. All properties contain a road right-of-way, but only some properties have a utility right-of-way on them. In most cases, the utility right-of way starts at your property line and extends inward, toward your home. The space the right-of-way takes up in a yard will vary and it can also be located along the side of your home or at the back.

As a homeowner, you are responsible for mowing and general maintenance, but it is technically the road right-of-way and is considered public land.

For more information or to learn where the right-of-way is located on your property, visit Calgary.ca/row.

City of Calgary

Sudoku Corner Solution

7	6	4	9	5	2	3	8	1
3	1	2	7	8	6	9	4	5
9	5	8	4	3	1	2	7	6
2	8	6	1	4	5	7	9	3
4	7	5	8	9	3	1	6	2
1	9	3	2	6	7	8	5	4
6	3	7	5	1	8	4	2	9
8	4	1	6	2	9	5	3	7
5	2	9	3	7	4	6	1	8

9pm Routine Summer

Have you started your 9 p.m. Routine?

Vehicle theft and car prowling prevention:

- Garage openers should not be left in vehicles, or should be disengaged, as thieves can use them to gain entry into a home.
- Avoid parking in unlit areas at night.
- Hide your valuables out of sight, or better yet, take them with you.
- Don't keep extra keys in your vehicle.
- If you park your vehicle in a parkade, be sure that you do not let anyone else in who doesn't belong when you are entering and exiting.
- Offenders will often break into a residence as a way to steal a vehicle parked outside the residence. When you're at home, store your vehicle keys away from the entrance to your house.



Home and garage break-in prevention:

- At night or when you are away lock the door that is connected to your home and garage.
- When working in your yard ensure your doors, garage and windows are closed and locked, in the part you are not present in.
- Consider installing home and vehicle alarm systems and vehicle anti-theft devices.
- Ensure that all doors and windows are secured at night.
- Secure all bikes, kayaks, paddle boards and other leisure equipment safely stored and locked when not in use.
- Secure all garden tools and ladders once you have finished with them, as these can be used as tools to break into your home.
- Culprits need mere moments to commit a theft or break in. If you do open any windows or doors, make sure you only open them for rooms that someone is present in.

Get to know your neighbours and work together to keep your homes and community a safe and enjoyable place to live.

Report any suspicious people or activity in your community by calling 403-266-1234 or 9-1-1 if there is a crime in progress.

If you have any crime prevention questions, please contact Calgary Police at CPSCrimePrevention@calgarypolice.ca

Calgary Police Service

Safely Dispose of Pressurized Tanks and Canisters

Going camping, hiking or hosting a barbecue this summer? Make sure you safely dispose of pressurized tanks, canisters and aerosols (empty or full), including:

- Bear spray canisters
- Small camping propane tanks
- Butane canisters
- Standard barbecue tanks
- Helium tanks

Take these items to a household hazardous waste drop-off at designated fire stations or City landfills for safe disposal. Do not put these items in your blue, black or green carts.

When put in a cart these items become a safety hazard for your collector and the staff at waste management facilities. Items can also damage collection trucks and sorting equipment.

Visit calgary.ca/hhw to check the list of drop-off locations.

City of Calgary



Raise a Glass to Calgary's Lost Garden

Ever been to a Biergarten? Imagine swigging beer to German music under a summer sky. Did you know that Calgary once had a very different kind of beer garden?

In the early 1930's the son of the founder of the Calgary Brewing and Malting Company created the beautiful, public Brewery Gardens on its Inglewood grounds. Fronting 9th Ave SE, this depression-era make-work project became a tourist attraction, a venue for charity garden parties, and a winter wonderland.

Groves of trees and acres of lawn "as smooth as a bowling green", stretched from the brewery to a hedge of caragana along the street boundary. Perennials, sweet peas, a border of fragrant pinks, vivid petunias and lobelia – comprised a lovely "riot of colour. Wastewater from the brewery's condenser filled a limpid pool and crystal-clear water from a well fed a tiny creek, so-named "Buffalo", that descended over five waterfalls through a rockery of limestone and volcanic rock.

Before its transformation to "East-Calgary's beauty-spot", Mr. Gates, the garden designer, was faced with "heaps of discarded bottles.... prairie grass growing in rank profusion in waste spaces that surrounded the rubbish... and patches of cinders..."

"Brewery Flats" as it was known, evolved as a self-contained industrial park and remains a distinctive landmark. Founded by industrialist A. E. Cross - one of the Stampede's "Big Four", the company introduced barley growing to the province, and was the first commercial user of natural gas in the west. The brewery buildings date

from 1892 and include the largest number of sandstone buildings still in existence, outside of Stephen Avenue. Their most popular brew was "Calgary Export Lager".

The brewery changed hands many times, eventually being taken over by Molson, who ceased production in 1994. Plans for redeveloping the site are now underway, led by MATCO Development, the majority landowner. Wouldn't it be grand to see a nod to the now-lost Brewery Gardens incorporated into a public amenity on the site?

Karen Paul is a Director of the Calgary Heritage Initiative Society.

For more information about historic places in Calgary visit

HERITAGE *inspires* **YYC.org**



Brewery Gardens (CPL Postcards from the Past)



Brewery Grounds (City of Calgary 979583)



City of Calgary Archives CalA PP-01349

Brewery Gardens (City of Calgary 01349-185500)



Inglewood Brewery (CHI Ap2017)

When is it Time to Get Help for Your Mental Health?

Canadians' perception of mental health has come a long way. Far from the stigma that once made people feel ashamed to admit to experiencing mental health issues, nowadays it's common for people to seek out supports and treatment. Professional services benefit those struggling with mood and emotions, substance use, life changes and, especially in the past year and a half, feelings of isolation and anxiety during the pandemic.

Here are some signs that it's time to seek help:

1. It's affecting your daily routine.

If you're feeling overwhelmed with the thought of returning to your pre-pandemic life, or fearful to even test the waters with what you are comfortable with, it might be time to seek professional help. A healthy dose of fear is normal, but when it's preventing you from functioning in your daily life, it's a good idea to find out why.

2. You're feeling extreme emotions, or nothing at all.

Anxiety, fear, hopelessness and anger are all perfectly acceptable, especially during hard times. But if you're feeling overcome with too many emotions and your mind is racing a hundred miles per minute with stress, it can lead to serious health concerns.

At the same time, losing interest in the activities and hobbies that brought you joy and feeling unmotivated can also be indicators of something much more serious.

3. You're withdrawing from friends and loved ones.

Spending time alone is normal and can be therapeutic and calming. Introverts might even feel energized from spending some time solo. But if you're withdrawing from your social circles altogether or feel nervous about reaching out to your friends and family, you might need some extra support. Therapy can help you understand why you're dealing with these feelings, and help you get set on the right foot in reclaiming your social and mental health.

Fortunately, there are many virtual services you can access from your own space. If you're ready to get started on your wellness journey, the Wellness Together Canada portal offers free, reliable information and 24/7



support. Here, you can access self-assessment tools or choose to connect with peer support, social workers, psychologists and other professionals via confidential text sessions or phone calls.

Support is just a call or click away. Find more information at wellnesstogether.ca.

News Canada

Did You Know... These Facts About June

- June has two birthstones. They are the pearl and Alexandrite.
- The birth flower is the Rose.
- The two zodiac signs in June are Gemini (May 21 - June 20) and Cancer (June 21 - July 22).
- June was named after the Roman goddess Juno, who is the wife of Jupiter.
- June Solstice (also called Summer Solstice) occurs around June 21, when the Sun is directly overhead the Tropic of Cancer. This is also the longest day of the year.
- Father's Day is celebrated on the third Sunday of June.

Stepping into Summer

Routine plays an important role in developing life skills and establishing healthy habits. With the school year ending, moving into the summer months with some structure can help reduce stress and anxiety. It equally can contribute to a more comfortable transition for back to school.

For a flexible routine, which supports good mental health, we can think of the “The Big 5 to Thrive”. We want to be mindful of exercise, sleep, supportive relationships, healthy nutrition, and helping others.

Here are some tips on how to support each of these pillars:

- **Exercise:** It is important to move our body in ways we enjoy! The general recommendation is ensuring we get 150 minutes of vigorous exercise each week, which can include activities like riding your bike, playing team sports, or going for a brisk walk.
- **Sleep:** A healthy sleeping pattern includes getting adequate hours of rest and establishing a good nighttime routine. General recommendations for children under 12 years old is 9-12 hours of sleep, while those ages 13-18 should be aiming for 8-10. During this time, the brain is developing and becoming specialized. A good nighttime routine can include monitoring technology and stimulating activities before bed. Instead, shift the focus to calming activities such as, meditation, stretching or reading a book.
- **Supportive Relationships:** Be mindful of who is around you. Work towards ensuring you have positive connections with family, friends, and others in our community. Together, you can support and comfort one another in both times of joy, but also during hardship.
- **Nutrition:** You want to enjoy what you eat, but it is equally important to make sure you are getting all the necessary nutrients. Healthy eating is associated with a healthy heart, strong bones, better energy levels, improved mood, and brain health. Experiment with recipes and find the joy of fueling your body!
- **Helping Others:** Helping when we volunteer, donate, or share our time with others boosts our mood and our well-being. This summer, strive to get involved in your community!



These pillars of health can seem basic, but we can always find something to work on. Improving one can often have positive effects on the others, so this summer, strive to thrive with the Big 5!

*Community Health Promotion Services Team,
Alberta Health Services*

The Origin of Father's Day

The tradition of Father's Day moved to Canada from the U.S., and is also celebrated on the third Sunday of June.

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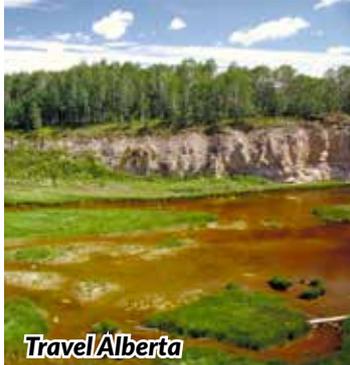
Though there was initial hesitation, the idea gained gradual popularity all over the U.S. and Father's Day came to be celebrated in many countries around the world.

www.fathersdaycelebration.com

Why Alberta's Northern Parks are a Premium Outdoor-lovers' Choice

Heading for real, natural wilderness experiences in Alberta's north means you can embrace traffic free, low-stress road tripping to the north.

Think of what you will do with that extra 1-2 hours of solstice day light. Not to mention having the chance to experience the many interesting rural stopping places on the way. Head west through Edmonton on the Yellowhead (HWY 16) and then set your compass north onto Highway 43. This four-lane is the gateway to the Peace River Country and the northern reaches of the province.



If you set your sights on Wood Buffalo National Park, it will be about 13-hours of driving from Edmonton. You can break the trip up by spending about 3-4 days exploring the Peace River Region, with its amazing agricultural and wilderness venues at your fingertips. Use the Mile Zero of the MacKenzie Highway in Grimshaw as the centre of your Peace Country explorations.

This is a great area to explore the many rural museums of the area, and the Peace River Valley, The scenic Shaftesbury Trail at Peace River, Dunvegan Provincial Park, and Notikewin Provincial Park are a few of the wonderful access points to enjoy the natural, secluded, beauty of this majestic river.

Then venture north into the boreal forest. It's hard to describe how massive it really is without experiencing it. There are a few fertile agricultural oases on the way, High Level, Lacrete, and Fort Vermilion where you will be amazed at the modern, productive farms only a few kilometers from the 60th parallel. Then cross that 60th and get a taste of Canada's largest territory, the Northwest Territories, before heading back to the border into your final destination, Fort Smith. Must see's along the way near Hay River are the Alexandra Falls and Louise Falls.

Your final destination, Wood Buffalo National Park is

an epic wilderness, the largest National Park in Canada. The August Land and Sky Tour lets you take in all of the high points of the park, including guided hikes in the Salt Plains, a flight tour, and their Dark Sky Festival. Wood Buffalo Park is an amazing place to experience the protected Wood Bison, multiple bird species, and fascinating indigenous Dene culture.

By Anne Vos, Reprinted with kind permission from Travel Alberta

Canoe and Kayaking in the Canadian Rockies

There's unbeatable canoeing and kayaking opportunities across the province. No boat? No problem. If you're after a quintessential mountain experience, rent a canoe or kayak from the Fairmont Chateau Lake Louise Boathouse in Lake Louise or Moraine Lake Lodge and paddle on unbelievably blue water with mountain peaks all around. In the town of Banff, visit the Banff Canoe Club for rentals, advice and some fantastic paddling on the Bow River or check out the canoe, kayak or even power boat rentals on Lake Minnewanka.

For an easy daytrip from Calgary, head to Kananaskis Country and rent a canoe from Kananaskis Outfitters. Their boats are built to accommodate beginners and advanced paddlers, and they also offer guided tours, if that's more your speed. The rental canoes need to be transported to the water, so come prepared for that. The company has canoes as well as single and tandem kayaks available on the shores of nearby Barrier Lake, or you can rent and transport the canoe to other area lakes. Rent the famous red canoe and paddle your way through breathtaking scenery surrounding Moraine Lake.

In Jasper National Park, stop at the historic Maligne Lake Boat House, rent a canoe, kayak or rowboat and paddle across the famous lake. The trip will take you to remote shorelines amid Jasper's rugged natural beauty – including Spirit Island. Wild Current Outfitters also offers canoe and kayak rentals, as well as guided Pyramid Lake tours that can accommodate two to six people per canoe.

Venture down south to Waterton Lakes National Park and visit Blakiston & Company to get sorted out with canoe and kayak rentals. The three larger lakes in Waterton often experience high winds and rougher water conditions, but Cameron Lake is a calmer option that's best for beginner paddlers.

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