

# *the* Silver Springs **SPRINGS**

DECEMBER 2022

YOUR COMMUNITY NEWSLETTER

*Happy  
Holidays*



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## Councillor Report

Hello Ward 1! The holiday season has almost arrived. On behalf of myself and the Ward 1 Team, we wish you and your family a pleasant and restful holiday season, and all the best for the coming year.

Last month, City Council debated The City's 2023-2026 Service Plans and Budget. These deliberations affect the services that The City delivers and the taxes required to deliver them. You can find the latest information on what Council decided by visiting [Calgary.ca](http://Calgary.ca).

Winter in Calgary means snow and ice on roads and pathways. Last year, Council approved additional funding to help get major routes clear of snow and ice faster, within 36 hours after snowfall. City crews work 24 hours a day during winter to make it easier for you to get around. You can learn more about The City's approach to snow and ice control at [Calgary.ca/snow](http://Calgary.ca/snow).

This month, members of Council are participating in a challenge with the Calgary Food Bank to see which ward can donate the most amount of food. The official challenge runs until December 11, but the Calgary Food Bank welcomes donations all year round. Visit [Calgary.ca/Ward1](http://Calgary.ca/Ward1) for details on how you can participate.

Traffic safety continues to be a major priority for Ward 1. I have been working with City Administration to find improvements to several busy areas including Sarcee Trail and 34 Avenue in Bowness, Country Hills Blvd and 112 Avenue in Royal Oak, and on Crestmont Boulevard. Permanent solutions often take time, but I hear your concerns and make it a priority to address them as quickly as possible.

Concerns about planned development in your neighbourhood? You can view notices and submit feedback on development permits and land use changes by visiting [Calgary.ca/planning](http://Calgary.ca/planning)

**Sonya Sharp, Councillor, Ward 1**



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# St. Sylvester School News

The month of December and the Christmas season is a busy time of year at St. Sylvester School. We are excited to share some upcoming events taking place at our school:

### Annual Poinsettia Fundraiser

Thank you to all those who participated in our school council's annual poinsettia fundraiser. We appreciate all of your orders and the funds that we raised will go towards school council funded activities and initiatives, as well as to support field trips. Orders will be ready for pick up at the school on Friday, December 2.

### St. Sylvester School Christmas Concert

On December 8, the St. Sylvester School community will once again showcase the talents of our students during our Christmas concert. This much anticipated event will feature students in grades 1-6 performing a total of 12 Christmas songs in celebration of this holy time of year.

### Community Christmas Card Delivery begins

Starting December 1, students will be delivering Christmas greeting cards made in class to nearby Silver Springs residents. This is one of the opportunities we have to share the special message of Christmas and to show kindness to our neighbours as well as our community spirit. We are proud to be part of the Silver Springs community!

Students' last day of classes before the Christmas break is December 21. On behalf of the staff at St. Sylvester School, we would like to wish the community a safe and happy Christmas holiday and all the best in 2023. We look forward to seeing everyone again in the new year starting on January 9.

Please visit our website at [stsyvester.cssd.ab.ca](http://stsyvester.cssd.ab.ca) for more information about what is happening at our school. Make sure to follow us as well on Twitter @stsyvester\_ccsd.

## DID YOU KNOW??

Although gingerbread houses date back to the 1600s, the tradition became widespread in Germany after the story of Hansel and Gretel was published in 1812.



## Low Waste Gift Ideas

Here are some ideas for gift-giving that are low on waste but highly meaningful:

- Support local businesses by purchasing gift cards or giving the gift of an experience.
- Give a gift as a donation to a favorite charity.
- Give the gift of time. Please lend a hand to an older relative or friend by dropping off their shopping or meals or putting their carts out on collection day.
- Make your own gifts. Try knitting a hat, painting a canvas, or baking.
- Recyclables make great material for Christmas crafts and cards.
- Consider alternative ways to wrap gifts. Reuse bags and boxes that you already have at home. Use cloth bags, tea towels, and a t-shirt, or avoid covering completely.

Find more holiday tips at [calgary.ca/recyclerright](http://calgary.ca/recyclerright).

*City of Calgary*



## DID YOU KNOW??

If you gave all the gifts listed in the "Twelve Days of Christmas," it would equal 364 presents.



# Stephen Avenue's Molson's Bank

The imposing bank buildings of a century ago are a far cry from the convenience store ATM's we access today. Located at 114 8 AV SW, Molson's Bank was constructed in 1911 in the Beaux-Arts style, a French architectural school that featured Greek and Roman classical elements. The Molson's fluted limestone columns topped by scrolled ionic capitals, triangular pediments above the lower doors, and carved lions contribute to a sense of solidity and permanence – thus attracting consumer confidence in the bank as a safe place to deposit one's wealth. The era's bank architecture in North America was particularly influenced by the rebuilding of San Francisco's financial district, destroyed by the earthquake and fire of 1906.

Molson's Bank was incorporated in Montreal in 1855 by brothers William and John Molson, Jr. the sons of brewery magnate John Molson. At one time, 125 branches operated, mostly in Ontario and Quebec. In 1925, shortly after Molson's Bank merged with the Bank of Montreal, Calgary's building was sold to the Bank of Toronto, and for many years was that bank's regional headquarters for Alberta. From 1955 to 1967 it was the city's main branch of the Toronto-Dominion Bank and remained a downtown branch until 1993 when the building was sold. The first floor lay vacant for 4 years until it was reinvented as the James Joyce Irish Pub, fittingly serving up beer amongst its fare! So next time you have a hankering for a pint, look for the original bank's safe, manager's office, and mill work in the interior.

The Molson's Bank was designated a Provincial Historic

Resource in 1979 and is one of 29 buildings recognized within the Stephen Avenue District, a National Historic Site of Canada. When you stroll along Stephen Avenue, take a moment to appreciate the building's beautifully preserved exterior and look for the carved inscription, "Industria et Spe" above the entrance to the pub... meaning "Labour and Hope".

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

To discover more about Calgary's heritage, visit:

**HERITAGE** *inspires* **YYC.org**



*Molson's Bank as a film set (Calgary Film Centre)*



*Molson's Bank around 1912-2 by Thomas Mawson (U of C Glenbow Western Research Centre na-3766-35)*



*Toronto Dominion Bank in 1950s-70s by Alison Jackson (Calgary Public Library)*



*Molson's Bank Lion Detail (2022 CHI)*



# Protect Yourself and Your Community Against Influenza This Season

Getting immunized against influenza and COVID-19 is the best way to protect yourself and your community. Vaccines help make your immune system stronger and help build antibodies.

Keeping the number of influenza cases and outbreaks low can help protect ourselves as well as at-risk Albertans and reduce the pressure on our healthcare system.

Influenza is an infection of the nose, throat, and lungs that is caused by a virus. Symptoms start suddenly and may include:

- a fever and chills
- a sore throat or cough
- a headache
- muscle aches
- poor appetite
- feeling tired

Other symptoms may include feeling sick to your stomach (nausea), vomiting (throwing up), or having loose stool (diarrhea). These symptoms are more common in young children. In some cases, influenza can lead to a lung infection (pneumonia) or make other health problems worse. Even healthy, young people can get very sick or die from influenza.

It is important to get the influenza vaccine each year if you:

- have a high risk for influenza
- have close contact with someone who has a high risk, such as family members and caregivers
- are a healthcare provider (it helps protect you and the people you care for)

Immunization, combined with good hygiene, physical distancing, masking and staying home when sick, help prevent the spread of influenza and other respiratory illnesses

Alberta saw 2,906 cases of seasonal influenza, last year, with more than 1.2 million doses of influenza vaccine administered.

Influenza vaccines are available to Albertans six months of age and older, free of charge. AHS encourages all Albertans over the age of five to also get their COVID-19 immunization primary series or booster shot when booking their influenza immunization appointment.

Visit Alberta's Vaccine Booking System, call 811 or your local pharmacist to book an appointment. Some family doctors are also offering flu shots. Call ahead to confirm vaccine availability.

Visit [ahs.ca/influenza](https://ahs.ca/influenza) for more information.

*Alberta Health Services*



## Shop Local This Holiday Season!

This year is a great time to shop locally and support our local artisans and small businesses. In November, there are numerous craft fairs taking place in many local communities, and around the city. With many vendors under one roof, you can find unique, one-of-a-kind gifts for all of your loved ones on your Christmas list.

Be sure to check out your local community for fairs in your neighborhood!



# Eating Healthy in Winter and on a Budget

When it comes to choosing vegetables and fruit to eat, a variety is best. By choosing a variety, you'll be packing your diet with fibre, vitamins and minerals. At mealtime, try to fill half your plate with vegetables and fruits.

Fresh produce is always a healthy choice but canned and frozen vegetables and fruits are also good options. Canned vegetables and fruit can last for months and can be just as nutritious as fresh – plus, they may cost less. They are also pre-washed, cut, and cooked, saving you time when making meals.

Many types of frozen and canned produce are available throughout the year, so even when produce is not in season, there are lots of options to choose from. A few of our favourites:

- Use frozen fruits in baking.
- Thaw frozen fruit such as peach slices, and then add to yogurt or oatmeal for a breakfast or snack.
- Make an easy side dish from steamed frozen vegetables.
- Use frozen vegetables such as peppers when making a stir-fry.
- When boiling pasta, add frozen vegetables such as broccoli to the pot near the end of cooking, and then top with pasta sauce after draining.
- Use frozen dark leafy greens such as kale and spinach in an omelet or smoothie.

### Ways to use canned vegetables and fruit:

- Use canned vegetables such as green beans, asparagus, carrots and peas in pasta dishes or an omelet.
- Combine canned vegetables and canned beans for a quick lunch.
- Use canned corn, peas, or tomatoes in a stir fry.
- Use canned mushrooms or other vegetables in a chili.
- Add canned corn to a quesadilla.
- Make a quick vegetable soup by adding canned corn, tomatoes and pinto beans to low-sodium chicken broth.

## DID YOU KNOW?

Around 28 Lego sets are sold every second during the Christmas season.



- Top your favourite canned fruit with some yogurt for dessert.

Be aware of the sodium (salt) and sugar content in canned or frozen vegetables. Choose canned vegetables with low-, reduced-, or no added sodium and then rinse the vegetables before using to lower the sodium content further.

Choose fruit canned in water instead of syrup or rinse it if it's in syrup. Choose frozen vegetables and fruit without added seasonings, breading, sauces, or sugars.

The nutrition facts table can always be used to compare similar foods. Aim for products that have less than 15 per cent DV (daily value) in sodium or sugar.

*Alberta Health Services*

## Facts About December

- The birthstone for the month of December is the turquoise.
- There are two zodiac signs for December: Sagittarius (November 22 – December 21) and Capricorn (December 22 – January 19).
- The narcissus is the birth flower for December.
- December is named for the Latin term for ten. In the Roman calendar, December was the tenth month until the addition of January and February at the beginning of the year.
- Kwanzaa is celebrated on December 26 - January 1 every year.
- On December 17, 1903, the Wright Brothers made their first flight.

# Stay Mindful, Stay Connected!

Connection is important! Connectedness is feeling cared for, supported, and like you belong at school or work, with friends and family, and in your community. Feeling connected is good for people of all ages. Connected children do better at school and with friends. Connection reduces feelings of loneliness and isolation. Connecting to resources and supports can help people meet their basic needs. Saying “good morning” to the transit driver, having a meal with friends, toasting marshmallows around a fire pit, attending church, mosque or synagogue, or walking through the neighborhood with your family to look at holiday lights are great examples of actions that connect. Connecting activities help us be healthy and well as individuals, strengthen our relationships, and give us a sense that we belong in our larger community. Creating connection in our daily lives is very important for good mental, emotional, spiritual and physical health.

For some people, connecting is an important part of the holiday season. While connecting comes naturally to some, it is more difficult for others. One thing that can improve the connections in our lives is mindfulness. Mindfulness happens when we are completely aware of and “in” the present moment. Ridding ourselves of distractions and being mindful allows us to be fully with others, and increases our appreciation for and the benefit of social connections.

The acronym **WINTER** gives us a tool that can help us practice mindfulness and increase our connections during the holidays.

- **WARMTH:** Pay attention to the comforting feeling you get as you sip a warm drink and enjoy the cozy heat



from your fireplace or big fuzzy blanket!

- **INTENTION:** Let go of feeling like you have to “do it all”. Think about and act on your own values and beliefs instead of trying to meet unrealistic expectations.
- **NO:** Let yourself create healthy boundaries. There is no need to always do more or force yourself to do things when you would rather not.
- **TRY:** Be open and say “yes” to new experiences and opportunities - food, events, hobbies!
- **EXERCISE:** Embrace the snow. Do activities that fit our winter season. Dress warm and walk, go for a skate on a community rink, build a snow fort, or try snow shoeing.
- **RELAX:** Do what recharges your batteries! Take time for yourself – make “you” a priority. Filling your own cup gives you the energy to connect with others!

*Community Health Promotion Services Team,  
Alberta Health Services*

## Snow Safety

Getting outside in the winter is a great way for families to be active. But remember to keep your child safe while doing winter activities and playing in the snow.

**To help lower the risk of your child getting hurt, make sure:**

- you supervise your child closely
- your child is always in a safe place
- you and your child know about any dangers
- your child does age-appropriate activities

**Winter safety tips**

- Check the weather forecast so you know how to dress for the day.
- Choose play areas with warm shelters nearby.
- Dress in layers. Have a windproof, waterproof outer layer. Wear:
  - ♦ a hat to keep the ears covered. If under 3, your child’s head is larger than the rest of the body and heat is lost quickly from the head.
  - ♦ mittens instead of gloves
  - ♦ warm, dry, waterproof boots that aren’t too tight
  - ♦ a neck warmer instead of scarf
  - ♦ clothes without drawstrings
- Snow forts can be fun, but building tunnels can be dangerous. Tunnels can collapse and suffocate a child.
- Watch your child for wet clothes, feeling chilled, frostbite, and being tired.
- Teach your child about frostbite and hypothermia and how important it is to dress warmly.

*Alberta Health Services*



# Reach Out If You Need Help

It is estimated that one in five Canadians will experience a mental illness throughout their lifetime. World Mental Health Day gives Albertans an opportunity to talk about mental health issues and the importance of early recognition, proper diagnosis and access to effective medical treatments and support.

If you or someone you know is struggling, you are not alone. Help is available, 24 hours a day, seven days a week, by calling Health Link toll-free at 811 or the Mental Health Helpline at 1-877-303-2642.

If you are in crisis, please do not wait. Connect with your healthcare provider today or call 911 if it is an emergency. Your doctor or care provider can give you immediate support, and can also connect you with a range of programs and other supports.

AHS also provides a range of programming and treatment options for children and youth, including counselling services for youth through community mental health clinics, as well as specialized and hospital-based services that help to treat mental health issues.

And embrace the power of connection. If you are struggling, reaching out to someone you trust. Talk to a family member or friend, who may be able to help you work through day-to-day concerns.

Go to [ahs.ca/helpintoughtimes](https://ahs.ca/helpintoughtimes) to learn more and to find reliable information on steps you can take to take care of yourself or others, including:

- Text4Hope is a free text messaging service that offers supportive texts based on cognitive behaviour therapy



to help people identify and adjust negative thoughts and behaviours associated with the pandemic.

- Transform Your Stress is a virtual course on stress management/emotional resilience to help Albertans identify and transform their stress.
- Wellness Exchange is a series of skill-building workshops designed to increase our ability to cope with change, build resilience, and improve our overall well-being. Topics include problem-solving, positive activities, managing reactions, helpful thinking and healthy connections.

*Alberta Health Services*

## Snow Angels

Be a Snow Angel this winter. There are people in your neighbourhood who have mobility issues, are sick, or unable to shovel their sidewalks. Be a good neighbour and take a few extra moments to shovel their sidewalk, too. Snap a photo and share on social media with #SnowAngelYYC. Visit [calgary.ca/snowangels](https://calgary.ca/snowangels) for details.

*City of Calgary*



## DID YOU KNOW??

The Christmas pickle is more than just a common ornament. As the tradition goes, the first child to find the pickle ornament hidden in the tree on Christmas morning earns the privilege of opening the first gift.





# Get Out and Glide

Pushing from my left foot to my right, I feel my sharp blades etch a fine line into the marble-hard translucent surface. Peering through the glass ceiling at my feet, I'm mesmerized by streams of tiny bubbles suspended in the ice like gossamer clouds. Every few strides, I pass over a sealed crack that slices the ice like a lightning bolt. Closer to shore, perfectly shaped spheres float like milky-white jellyfish, while in a flash tiny fish dart by just beneath the ice.



*Parks Canada/Adam Greenberg*

In Edmonton, outdoor ice-skating rinks are found at William Hawrelak Park and Rundle Park. Sir Winston Churchill Square at city hall, speed skating at Victoria Park Oval at the west end of River Road and the Alberta Legislature's south grounds are other options. If you take it indoors, our favourite rink is the year-round Ice Palace at West Edmonton Mall.

Wherever you find yourself in the province this winter, chances are there's a local spot just waiting for you to lace up and experience your own magical whirl on ice.

*Reprinted with kind permission from Travel Alberta*

## Freezing Temperatures Create Enchanted Surfaces

For true ice-skating devotees, the real treasure is found when lakes and ponds freeze into glass-smooth skating wonderlands. From Fort McMurray's Snye River, Cochrane's Mitford Pond or Policeman's Creek in Canmore, to the Bow River in Banff, Jasper's Mildred Lake and Abraham Lake near Nordegg, you'll find skaters cruising frozen waterways as if exploring an exotic fantasy land.

Perhaps Alberta's most famed natural rink is Lake Louise, where it feels magical to skate with the Victoria Glacier reaching toward you from the far end of the lake and the grand Fairmont Chateau Lake Louise behind you. For an extra sprinkle of fairy dust, try it at sunrise or sunset.

## Family Friendly Fun

In cities and towns across Alberta, year-round modern arenas welcome athletic figure skaters and fast-action hockey players to pursue their passion on temperature-controlled rinks. For instance the Olympic Oval at the University of Calgary – the fastest ice in the world – where Olympic speed skaters train and race and amateurs like me can glide on the same icy track.

But come winter, excitement levels rise as communities send out ice resurfacing machines – better known as Zambonis – to smooth local rinks into prized outdoor skating venues. The Olympic Plaza right across from city hall in downtown Calgary is a whole heap of free fun, and usually open from early December until mid-March. Otherwise, Calgary's city outdoor rinks are weather dependent and typically open mid-December through February.

# Winter Outdoor Activities

There are two ways to approach life in northern climates: make winter an opportunity for awesome, or get snowed. Let's choose awesome.

- **Try it:** Learn to pilot a dogsled and experience the best of winter exhilaration from behind six trained huskies.
- **Only here:** The light, dry snow in Alberta is the perfect powder for skiers and snowboarders. It lends itself to flawless snow tubing, too.
- **Relax:** No matter how good the powder is, you've got to sleep eventually. Cozy mountain lodges originally built by pioneering railway companies are unbeatable digs for watching the snow fall.

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*Banff & Lake Louise Tourism//Paul Zizka*