

THE SILVER SPRINGS *Spirit*

YOUR COMMUNITY NEWSLETTER | MAY 2025

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IN OUR CITY

Councillor Report

Hello, Ward 1! As spring settles in, I want to take a moment to update you on communications from the Ward 1 Office. Starting June 1, there will be restrictions on what we can share, including City-funded newsletters, open houses, and mass emails, which will only be permitted in emergency situations. With that in mind, this will be the last community newsletter from our office until the election in October.

As we move into the summer months, I hope you have the chance to enjoy all that this season has to offer, whether it's spending time outdoors, supporting local businesses, or simply enjoying the company of family and friends. Wishing you all a wonderful and relaxing summer!

Waste and Recycling Collection

As the weather warms up, it's a great time to check your waste and recycling collection schedule. From April 1 to May 29, Calgary residents can drop off their yard waste for free at City landfills. The yard waste will be composted instead of thrown away, making it easier to keep your garden tidy and reduce landfill waste. Composting food scraps and yard trimmings is a simple way to help the environment and enrich your garden. For guidance on what can go in the Green Cart, visit the Green Cart Food and Yard Waste program. For more information, visit: Garbage, recycling and composting pickup schedule.

Parks and Pathways Maintenance

The City's Parks Department is busy with regular maintenance of our beautiful parks, pathways, and green spaces. If you see any areas that require attention, such as damaged benches or littering, don't hesitate to report it through the 311 service. Ensuring these areas remain safe and clean is a community effort. For more information on park and pathway management, visit or Parks maintenance and operations or Pathway maintenance and management.

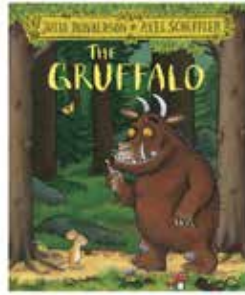
Best regards,

Sonya Sharp, Councillor, Ward 1



Children's Book Recommendation:

REVIEW: Easy, sing-songy read-aloud; richly coloured illustrations; fun for 2-4-year-olds.



BASICS: Published in 1999, 32 pages, author and illustrator have worked together on over 25 books spanning 30 years.

5-STAR QUALITIES: Clever main character, fun mid-story twist, engaging from start to finish.



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IN OUR CITY

Window & Balcony Safety

With the return of warmer weather, Emergency Medical Services (EMS) would like to remind parents and caregivers of an often-overlooked hazard in the home – access to open windows. Every year, paramedics respond to emergencies where a child has fallen from an open window, often from the second floor. These can be mitigated by following safety measures. Take the time to assess potential window and balcony hazards in your home before a preventable fall occurs.

Windows and screens

- Prevent access to windows by moving furniture such as cribs, beds, stools, and change tables out from under them;
- Keep drapery cords out of childrens' reach. Wrap excess cord around cleats, or tie-downs to avoid a choking hazard;
- Remember, screens are not safety devices. They are designed to keep bugs out, not children in.

Balconies

- Do not underestimate a child's ability to climb. Furniture and other items stored on balconies and decks can be used to climb resulting in falls over the railing;
- Ensure that your balcony railings are not more than 10 cm (4 inch) apart. This will eliminate access between the vertical bars of a balcony, or deck.

Further prevention tips

- Toddlers & preschoolers are at highest risk of falling from a window, or balcony, but it may happen at any age;
- Direct supervision of children is the single most effective way to prevent falls from windows and balconies;
- Install safety devices which limit the distance in which a

Run Bowness is Back!

Lace up your sneakers and mark your calendars for this year's Sunday June 1 race! This community focused 5K, 10K and Kid's Mile is a Calgary classic. Whether you're a seasoned vet or a first time competitor, everyone is welcome to run or walk this accessible route along the river in beautiful Bowness and Baker Park.

Visit mybowness.com/run to register or volunteer. Early birds get the lowest price.



- window be can open to a maximum of 10cm (4 inches);
- Ensure the safety device can be released quickly, so the window can be used for escape in case of emergency.
- Consider purchasing a portable air conditioner, which will enable windows to stay closed & secure.

Alberta Health Services

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Calgary Magpies

As spring blooms in Calgary, so does the flurry of activity among one of our most intelligent and misunderstood backyard neighbours: the magpie. *Pica hudsonia*, or the black-billed magpie, are members of the clever corvid family—the group of birds that includes ravens, crows, and jays—and are not only known for their striking black-and-white plumage and unmistakable chatter, but also for their remarkable nest-building skills.

Both the male and female magpies take part in nest-building, a process that can stretch from several weeks to nearly two months. It begins in early spring with the selection of a well-sheltered tree or shrub, typically at a height that offers protection for their future chicks. Interestingly, magpies often construct multiple nests but settle in just one—possibly using the others as decoys to confuse predators.

Unlike many songbirds that opt for a simple cup-shaped nest, magpies are known for constructing elaborate, dome-shaped structures designed for both durability and defense. These architectural marvels are up to three feet tall and just as wide, with thick outer walls woven from thorny branches, sticks, and twigs. Inside, a mud-lined 'cup' is carefully padded with grass and, at times, fur from shedding mammals. With a sturdy roof overhead and strategically placed side entrances, these nests offer protection from predators and the elements, while also ensuring a swift exit when needed.

By late May, fledglings begin to take their first steps—and flights—out of the nest. Like toddlers learning to walk, they



spend a few days on the ground practicing short flights under the watchful eyes of their parents. This stage is natural—but also dangerous.

Each year, wildlife rehabilitators like Calgary Wildlife see an increase in injured magpies during this fledgling window. Common causes? Cat and dog attacks, collisions with windows or vehicles, and well-meaning humans mistaking grounded fledglings for orphans.

The best way to help is simple: keep pets indoors or leashed during late spring. If you come across a young magpie on the ground, observe it from a distance. Are adult magpies nearby? Is the chick feathered, active, and alert? If so, it's best to leave it be. But if the bird is injured or in distress, or has been handled by pets, it may need the help of a rehabilitation centre like Calgary Wildlife.

Give them a little space this spring, and you just might witness a quiet masterpiece unfolding, one twig at a time.

Found injured or orphaned wildlife? Unsure if wildlife needs help? Please call Calgary Wildlife at 403-214-1312.

Calgary Wildlife



Emergency Preparedness Week is May 4 – 10, 2025

Emergencies can happen anytime and anywhere. Knowing what to do before a disaster strikes can go a long way in assisting you, your family, and your community during an emergency.

Emergency Preparedness Week is May 4 – 10, 2025. This annual event takes place across Canada every May to highlight the importance of getting prepared for emergencies before they happen.

During Emergency Preparedness Week and throughout the year, Calgarians are encouraged to take steps to get prepared for emergencies to help minimize the impacts.

- Know the risks - learn about the types of hazards that can occur in Calgary and how you can better prepare for them.
- Stay informed – stay tuned to local and regional emergency alerts and other trusted sources of information.
- Get prepared - every emergency is different, but having a plan will help you and your family know what to do and who

to contact in different situations. Get started by downloading our emergency action plan, available in different languages at calgary.ca/getready.

In addition to preparing yourself and your household for emergencies, building connections within your community can also help. Neighbours, co-workers and friends often provide crucial support during times of crisis. Creating a network you can rely on during an emergency can help you and others you care about stay safe.

Visit calgary.ca/getready to learn more about how to prepare for emergencies, and the events taking place in the community during Emergency Preparedness Week.



City of Calgary



Downsizing Seminar

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Date: Thursday, May 22nd at 2:00 PM

Location: Rocky Ridge Retirement Community, 10715 Rocky Ridge Blvd NW

Thinking of the next step in your retirement? Let's make downsizing easy! Come enjoy a lively presentation packed with helpful downsizing tips followed by drinks, snacks, and the chance to chat with current residents who've been there, done that!

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FRENCH SILK PIE

By: Family recipe
Servings: 8
Prep time: 25 minutes
Total time: 4.5 hours

INGREDIENTS

- ¾ cup butter, softened
- 1 cup sugar
- 1 Tablespoon vanilla extract
- 3 ounces unsweetened chocolate, chopped and melted
- 3 eggs
- 9" pie crust of your choosing (pastry is traditional, graham is my favourite, chocolate graham or wafer is next level decadence)
- 1 cup whipping cream
- 3 Tablespoons powdered sugar
- Milk chocolate bar for curling or grating (a vegetable peeler works well for curling but grating is quick and easy)

INSTRUCTIONS

1. Cream room temperature butter and sugar. Add vanilla and melted chocolate. When fully incorporated, add eggs one at a time mixing for 5 minutes after each egg.
2. Pour into the pie crust of your choice and let set in the refrigerator for at least 4 hours.
3. Whip the cream with the powdered sugar on high for about 2 minutes or until soft peaks form. Spoon on top of the chilled pie and garnish with the chocolate curls/shavings.



A Curated Kitchen is a new monthly feature from our chief editor. She looks forward to sharing her favourite recipes, hosting ideas, and a sundry of kitchen tips and tricks to enrich your times of gathering.



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Create a Beautiful and Resilient YardSmart Yard This Spring!

A YardSmart yard stays beautiful longer during hot and dry weather compared to yards completely planted with grass. The City's YardSmart program provides helpful resources that show you how to plan, build, and maintain your yard, including:

- Layouts & plant lists for all over your yard – wet, full sun, partial sun, and shade areas.
- Easy to follow information on planting, watering and maintenance.
- How-to videos including how to garden on a budget and creating a pollinator friendly yard.

Remember, new plants need lots of water to get established, especially during the heat of summer. You can do your part to reduce your water consumption and help your yard and garden retain moisture by:

- Installing a rain barrel to use in your yard and garden. It is a

- simple, yet effective way to reduce your water use by acting as a backup source of water.
- Only giving plants the water they need.
- Mowing less often to keep your grass 5 to 7 cm (2 to 3 inches) high to shade the soil.
- Replacing portions of your lawn with garden features that use less water and help absorb rainwater such as low water-use perennials and shrubs, lawn alternatives or groundcovers.
- Adding good quality soil to help retain moisture and mulch on top to reduce evaporation.

To learn more about how to create a beautiful, resilient yard and garden that uses less water, visit calgary.ca/YardSmart.

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Celebrating Calgary 150 - Sandstone City

Why is today's downtown core located west of Fort Calgary? In the 1880s, Inglewood was growing in anticipation of the railway, but then Canadian Pacific Railway built its station where the Calgary Tower stands today. Much of the fledgling town picked up and moved.

Civic leaders then built bridges and ran the Stampede's forerunner, the 1886 International Seed Grain and Hay Exposition. The first General Hospital opened in a house, performing surgeries on the kitchen table.

Calgary's first buildings were constructed with wood, but 18 were destroyed in the Great Fire of 1886. Afterwards, town council mandated building with sandstone from the surrounding foothills.

Hence the nickname Sandstone City. See for yourself along Stephen Avenue National Historic Site. Imperial Bank helped make it Calgary's commercial core. The Alberta Hotel followed and HBC built a department store in 1891.

Smallpox killed several people in 1892, sparking a riot when fearful residents attacked Chinese laundries, the purported source of the outbreak. Many thousands of Chinese had worked on the CPR and settled in Calgary.

An influx of Russian-Germans fleeing persecution arrived in 1892 in Bridgeland-Riverside. Ukrainians and Italians followed. Nuns like Mary Greene established Sacred Heart Convent in 1885. Édouard Rouleau became head physician of Holy Cross Hospital.

The CPR took advantage of the Rocky Mountains' picturesque landscapes. Near Siding 29, Banff townsite emerged in 1883. The presence of hot springs led the government to create a national park in 1887. Opened one year later, Banff Springs Hotel is a modern-day castle, with another one built on Horunnumnay ("little fishes' lake", aka Lake Louise).

The park's founding saw the exclusion of Indigenous people. They also faced Residential Schools that isolated students from

Glenbow Archives NA-1406-163



Calgary, Alberta, 1884 (Glenbow Library and Archives Collection)

their culture and families under sometimes terrible conditions.

At today's Fish Creek Provincial Park, William Roper Hull built a two-storey Tudor Revival-style ranchhouse. Also there was Shaw's family homestead and woollen mill. A store on Stephen Ave sold their goods to many customers headed for the Yukon's Klondike Gold Rush.

Sandstone City was a beacon on the prairies, connected to the world via railway and offering opportunities to many.

Anthony Imbrogno is a volunteer with The Calgary Heritage Initiative Society/Heritage Inspires YYC. All copyright images cannot be shared without prior permission

HERITAGE *inspires* YYC.org



Bridgeland area, Calgary, Alberta, ca. 1912-1915 (Glenbow Library and Archives Collection)



First General Hospital in Calgary, Alberta, 1920 (Glenbow Library and Archives Collection)



St. Dunstan's Calgary Indian Industrial School, Calgary, Alberta, 1905 (Glenbow Library and Archives Collection)



View of Alberta Hotel, Calgary, Alberta, 1893 (Glenbow Library and Archives Collection)

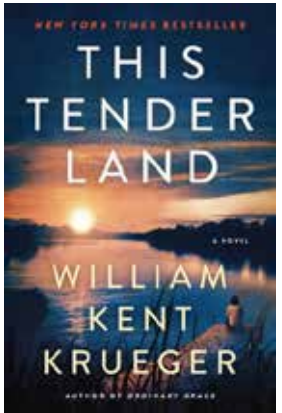


The first Lake Louise Chalet, Lake Louise, Alberta, ca. 1890-1893 (Glenbow Library and Archives Collection)

This Tender Land by William Kent Krueger

Published: 2019
444 pages

Contributions by MK



William Kent Krueger's *This Tender Land* is a beautiful, heartfelt tale of survival, friendship, and the search for home. Set against the backdrop of the Great Depression, it follows four orphaned children—brothers Odie and Albert, their mute Sioux friend Mose, and Emmy, a young girl with a mysterious gift—as they flee the harsh and oppressive Lincoln Indian Training School. Forced to escape after a tragic turn of events, the group embarks on a daring journey down the Mississippi River in a stolen canoe, hoping to one day reach an estranged family member in St. Louis and find a place where they can truly call home.

Krueger masterfully weaves together literary fiction, adventure, mystery, and even a touch of romance, creating a novel that is both a thrilling page-turner and a deeply introspective exploration of morality and forgiveness. As the four self-proclaimed 'vagabonds' make their way down the Mississippi River, they encounter a diverse cast of characters—struggling farmers, traveling faith healers, displaced families, and lost souls, each of whom leaves a mark on their journey. Yet, danger looms behind them and keeps them on the move as the ruthless Brinkmans, who run the school, are determined to retrieve Emmy at all costs.

The novel vividly captures the historical struggles of the

1930s, as many characters in the book struggle through bankruptcies, homelessness, and forced migration in hopes of a better future. The book also showcases the cultural beliefs of the time, such as the allure of traveling revival shows promising healing and prosperity, and the presence of Native American boarding schools. However, the crux of the book is about self discovery and the inherent human desire for belonging. Each of the children carries unique strengths and inherent personal burdens; through this voyage, they discover what it is they are truly running from, as well as what they are ultimately searching for.

With themes of hope, survival, loyalty, and forgiveness, the novel had me reflecting on profound questions such as where do I feel I most belong and how to navigate and persevere in spite of past trials. Most profound of all, I am left pondering where I am harboring unforgiveness in my life, and how overcoming this can lead to personal freedom. As Odie reflects, "Of all that we're asked to give others in this life, the most difficult to offer may be forgiveness."

Upcoming Read: The Housemaid by Freida McFadden

SILVER SPRINGS

MLS Real Estate Stats

SALES	VARSITY		CALGARY	
12/15/2024 - 4/15/2025	Homes	Condos	Homes	Condos
Total Number of Sales	26	7	4041	3034
Average Sale Price	\$749,342	\$437,443	\$787,003	\$406,305
Highest Sale Price	\$1,367,500	\$600,000	\$7,525,000	\$3,025,000
Lowest Sale Price	\$415,000	\$328,000	\$230,000	\$99,950
Average Days on Market	20	27	31	38
Home Sq Ft Average	1,418	1,158	1683	1024
Sold Price per Sq Ft	\$551	\$379	\$482	\$384

Source: CREB December 15, 2024 - April 15, 2025 (last 4 months)

Promoting Mental Health in Children

Supporting your child's mental health is as important as good nutrition, sleep, and physical activity. Having good mental health allows your child to think clearly, develop socially, and learn new skills.

These tips can help your child develop confidence, self-esteem, and compassion for others.

Apologize when you're wrong

When you make a mistake, apologize to your child. Saying you're sorry isn't enough. Sincere and simple apologies build trust and show respect for your child's feelings. Admit you were wrong, explain how it affected your child, and show that you're sorry. For example:

- "I shouldn't have said your idea was stupid. I know that hurt your feelings and embarrassed you. I'm ashamed I spoke to you that way. I'm sorry. I won't do it again."

Avoid explanations that sound like excuses or blame your child. For example:

- "I'm sorry I got mad but you were really getting on my nerves."

Give your child choices and respect their wishes

When you can, give your child the chance to make their own choices that are meaningful to them and acceptable for you. If your child has a chance to make choices it helps them:

- feel a sense of control
- develop self-esteem
- learn how to solve problems
- take responsibility for their choices

Ask questions that help your child solve problems on their own

It's tempting to take over and give a solution when you hear that your child has a problem. But this doesn't help your child find solutions on their own. Try asking questions that will help them solve problems. For example:

- "What do you think you can do about this?"
- "If you choose to do this, what do you think might happen?"

Encourage sharing and helping by giving your child tasks that are appropriate for their age, such as feeding the family pet, getting the mail, helping with making their lunch, or making their bed. Together, you and your child can volunteer or help a neighbour. This builds self-confidence and compassion. It also teaches your child that what they do can make a difference in the lives of others.

Read books and stories together

Even if your child can already read, they'll still love reading with you. Take turns reading out loud with your child. Reading aloud is a way to share something enjoyable and learn about other people. For example, stories can show us how people deal with common issues like making or losing friends, handling conflicts, or dealing with difficult emotions. Talk to your child about what they like to read. Ask your child's teacher or a librarian to recommend stories on themes that interest you and your child.

Be a role model

Your child will learn by watching and doing what you do. They learn how to look after themselves, build relationships, solve problems, handle emotions (feelings), and care for others by seeing how you respond.

Your emotions affect what you do and say. They affect your child too. For example, anger is a common human emotion. You may feel angry sometimes when your child whines, talks rudely, or doesn't do what you ask. If you react to anger by yelling, using harsh words, or calling them names, it affects your child. They'll also learn to do the same when they're angry.

What you do and say when you're angry is important to your relationship and to how your child learns to express their anger. When you practice managing your feelings in healthy ways, your child learns these skills too.

Alberta Health Services

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Alcohol & Youth

Alcohol continues to be the most used substance in Canada among youth. Brains continue to develop up to the age of 25. Our brain works extra hard during later stages of development focusing on abilities to problem solve, and abstract think. Early use of alcohol or substances can alter this process and increase risk taking among youth. Here are some ways to support young people when it comes to alcohol:

Role Model: We know that the young people in our lives are watching and learning from us. Be mindful of your own habits and set examples you would want a young person in your life to follow.

Talk & Listen: It is important for your young person to know they can talk to you about anything, including substance use. Your role as a natural support is to check in with your youth often, let them know how much you care, and advocate for them.

Support Healthy Decisions: Self-esteem is important as this



will help youth make decisions. Critical thinking is important, and a skill that youth are still learning as their brain continues to develop.

Affirm: Consider what routines and checks and balances can be built in for your child. Do not forget to celebrate all your child's gifts and strengths! Affirm the effort they are making.

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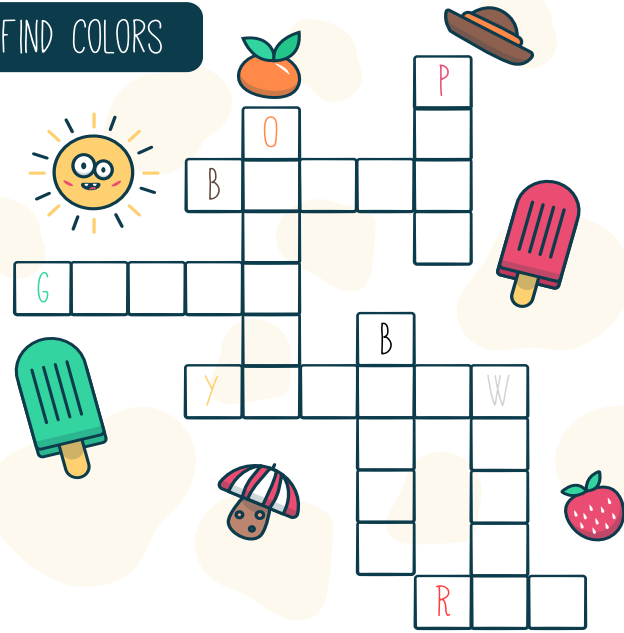
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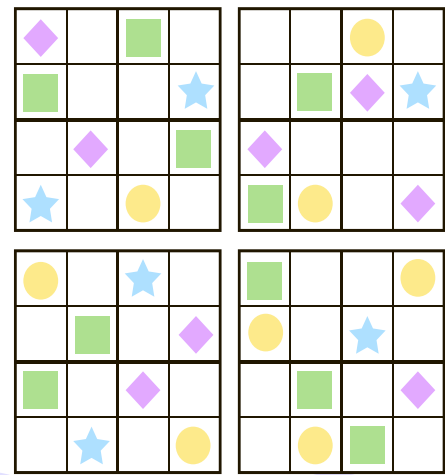
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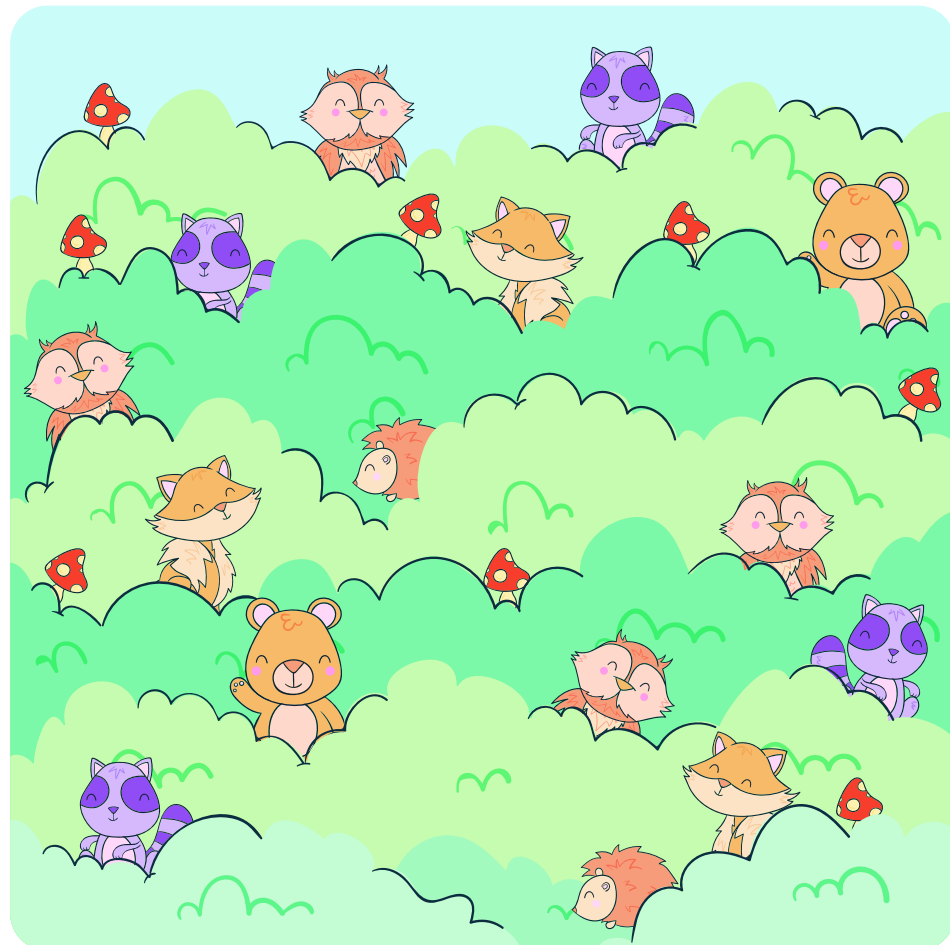


Sudoku for kids



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TRUST IN YOUR **SILVER SPRINGS MARKETING EXPERTS** AND TAKE ADVANTAGE OF THE SERVICES WE OFFER:

- House preparation including decluttering
- Video Walkthroughs / 3D Tours / Drone Photography
- Social Media Marketing Strategy
- Professional RMS Measurements
- Print Media Marketing
- Professional Photography

Call or text now for your **FREE MARKET EVALUATION.**

YOUR **SILVER SPRINGS** REALTORS

MARIA LIZOTTE
REALTOR®

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REALTOR®

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Not intended to solicit those home buyers or home sellers that are under a current agency agreement.