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Please allow us to introduce ourselves! We are
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A support group for 2SLGBTQ+ seniors



Rainbow Elders Calgary is a volunteer-run organization determined to make a significant difference in the lives of 2SLGBTQ+ seniors. We work to provide support and address issues such as social isolation, housing, and loneliness.

As seniors, we also believe that we have a responsibility to connect with and be role models for our vulnerable 2SLGBTQ+ youth.

We invite you to get to know us as we make major differences in the lives of both young and older members of our queer community.

To discover more, please contact us!

email: rainbowelderscalgary@gmail.com

www.rainbowelderscalgary.ca

- Friendships*
- Social Events*
- Picnics*
- Role Models*
- Companionship*
- Coffee & Cookies*
- Movie Nights*
- Connecting with Youth*
- Making a Difference*
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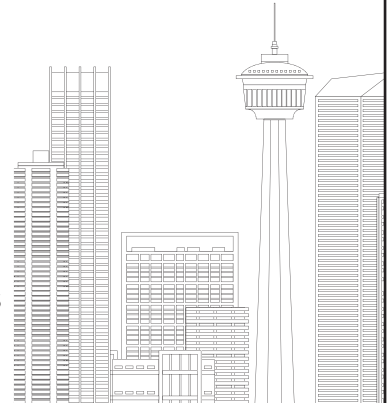


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February Is Heart Month

Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing may make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack may significantly improve survival and recovery. February is Heart Month: take the time to be heart safe and learn how you can reduce your risk.

Common Signs of a Heart Attack

(Any, or all, of these signs and symptoms may occur)

- Chest discomfort described as simply a mild pressure up to a 'crushing' pain; may also be 'squeezing' or a 'heavy' sensation.
- Discomfort may move to the shoulders, arm, neck, or jaw.
- May include shortness of breath, sweating, or nausea/vomiting.
- Signs may vary person to person and can differ between men, women, and the elderly.

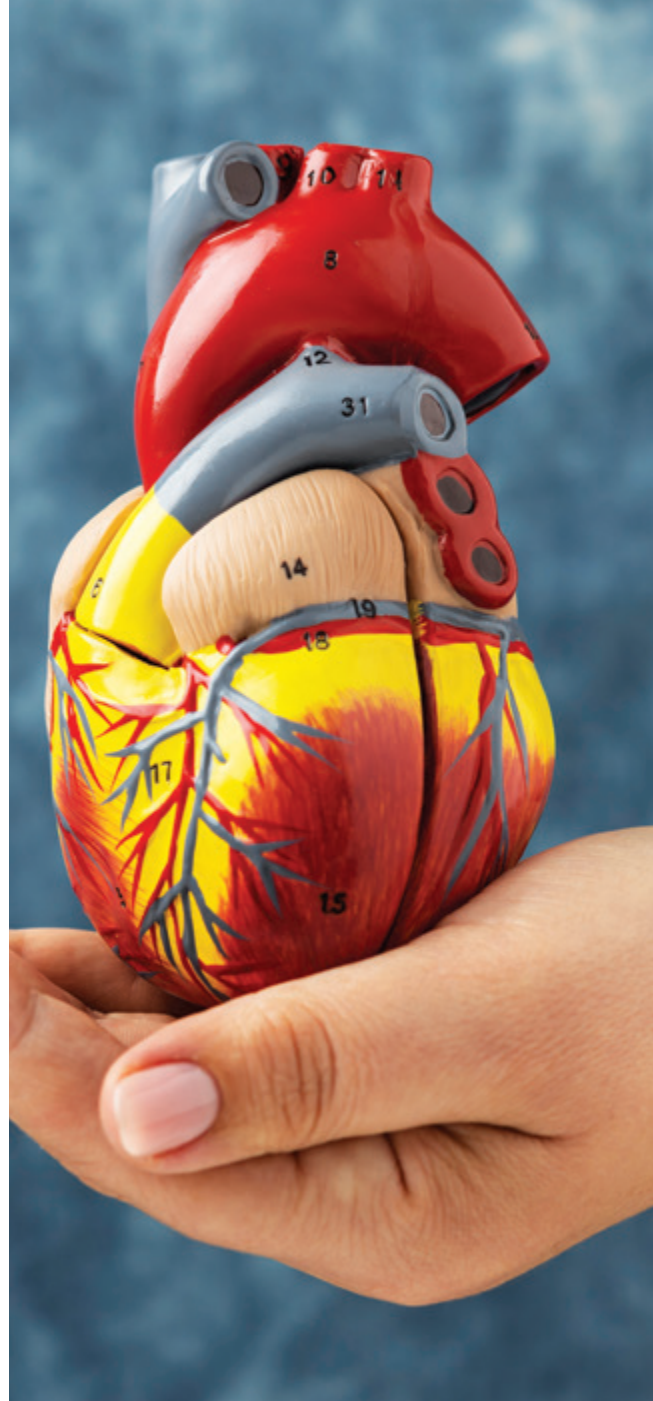
Heart Attack Risk Factors

- Obesity*
- Sedentary lifestyle*
- Smoking*
- High cholesterol*
- Age/Gender
- Family history

Speak with your doctor about how to treat your modifiable (*) risk factors and learn to be heart safe.

What To Do When Seconds Count

- Call 911, immediately. Early treatment can greatly reduce heart damage and be the difference between life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous, and perform an electrocardiogram (ECG).
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will share information with the hospital so that definitive treatment can begin immediately upon arrival.
- Take a CPR/AED course. Training is widely available from many reputable organizations. It's easy and could make a significant difference in the outcome of someone experiencing a heart attack.





SCA UPDATE

Memberships and Volunteer Opportunities:

Please visit springbankcommunity.com to join as a household or individual resident.

If you see a role where you can help out Springbank Community Association as a volunteer, please email info@springbankcommunity.com. We need your voices to be heard!

SPRINGBANK ELECTED OFFICIALS



MP John Barlow, Foothills
109 - 4 Avenue South West (Main Office)
High River, Alberta T1V 1M5
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John.Barlow@parl.gc.ca



Councillor Kevin Hanson
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krhanson@rockyview.ca



Councillor Don Kochan (Mayor)
Division 2 | North Springbank
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dkochan@rockyview.ca



MP Blake Richards, Banff-Airdrie
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blake.richards@parl.gc.ca



MLA Miranda Rosin
Banff-Kananaskis
Banff.Kananaskis@assembly.ab.ca

SPRINGBANK COMMUNITY ASSOCIATION BOARD OF DIRECTORS



Board of Directors

President	Karin Hunter
Vice-President	Al Schmidt
Treasurer	Ian Galbraith
Secretary	Terry Dowsett

Directors at Large

Jan Erisman
Lynn Munro
Stu Pritchard
Rhonda Rankin

SCHS Community Youth Representative

Jordan Inverarity

Please contact us at president@springbankcommunity.com if interested in working with the board.



Membership Builds Community

Membership in the Springbank Community Association is a \$5 yearly fee for individuals or \$10 for households – included in membership is such benefits as a vote at the Annual General Meeting, details will be sent out and communicated to members. The SCA is also working hard to develop more programs, events, and activities within the Springbank Community and look forward to partnering with you to do that.

Visit springbankcommunity.com/membership-join/ to learn more!

Springbank Community Association Board of Directors

The first official board in 1940 consisted of 7 members: J.C. Buckley, Samuel Copithorne, Thom Hodgson, James J. McKnight, John D. McLaurin, Ernest Robinson, and Herbert Smith.

Meet your Springbank Community Association Board

Karin Hunter, President

B.Comm., CFA. Karin brings a diverse background in planning, analysis, and facilitation. Karin is passionate about enhancing recreation and culture opportunities for all residents of the Springbank area, from children through to seniors.

Al Schmidt, Vice President

B.Sc., MBA, CPA CMA. Al brings more than 35 years of real estate project management to the board, involving strategy, design, finance, marketing, construction, and property management. He is process-driven and believes that organizational responses must be consistently driven by long-term vision and stakeholder objectives. Al relocated to Springbank from west Calgary in 2018 and is committed to preserving and improving our quality of life, even as Calgary's westward advances challenge traditional life patterns for residents of Springbank.

Terry Dowsett, Secretary

B.A.I.E. Terry has called Springbank home for over 30 years. She has been involved with the Springbank Community Association for nearly as many years and was a founding member of the Springbank Historical Society which completed a historical inventory of over 600 buildings in the community. She was the recipient of the Rocky View Special Projects Citizenship Recognition Award in 2002.

Ian Galbraith, Treasurer

BA, FICB. Ian's background includes almost 3 decades as a commercial manager in banking, as well as HR, benefits, operations, and wealth management/investments. Since early retirement, he currently sits on various boards in a variety of capacities, including the Subdivision and Development Appeal Boards for Rocky View County, and has spent 10 years in the Performing Arts, including the role of technical director for a University Theatre.

Members at Large

Jan Erisman

B.I.D. with distinction. Jan is a commercial and residential interior designer, as well as a Masters basketball athlete, basketball coach, and 30-year resident. She is a volunteer

board member for the Springbank Area Structure Plan and the Rocky View West Recreation Board, over 20-year member of the Springbank Community Association, STAPA member, and founding member of the Springbank Historical Society. Jan strives to celebrate the incredible history of Springbank while promoting the community.

Lynn Munro

B.Ed. with distinction. Lynn grew up on a mixed farm and now actively participates on her husband's family ranch in north Springbank. Her two sons are the sixth generation of family to live in Springbank. She has been a committed volunteer to our local schools and sports, including minor hockey and football, and believes longevity of community is achieved through enhanced local facilities.

Stu Pritchard

Stu has been a resident of Springbank for the last 35 years. He is a retired senior IT marketing and sales executive with expertise in oil and gas information technology. Stu has lectured at the undergraduate and graduate level and is also experienced working overseas as a specialist. He is an active downhill and cross-country skier in the winter season and a cyclist in the summer. Up until the not-so-distant past, he and his family bred, raised, showed, and rode Tennessee Walking Horses.

Ronda Rankin

CPA, CGA. Ronda Rankin is a Springbank resident and an active outdoor recreational participant who enjoys running, hiking, and cycling in and around the community. As the president of Springbank Trails and Pathways Association (STAPA), she would like to see a safe, integrated, and sustainable system of trails and pathways in Springbank that link to the neighbouring cities of Calgary, Bragg Creek, and Cochrane. She has served in various volunteer and community organizations including the Rocky View West Recreation District Board.

Jordan Inverarity, Youth Director at Large

Jordan is a Grade 12 student at Springbank Community High School. This is her third year on the community board where she has been learning about the workings of a board and how to be a better member of the community. Jordan is an active contributor to the monthly e-newsletter. She is eager and excited to incorporate the voice of the youth throughout the community!



An Exercise in Building Intimacy

by Nancy Bergeron, RPsych | info@nancybergeron.ca



The person we often crave to feel most known by is our partner. This is the person with whom we share the most intimate details of our lives. It's the person who sees us at our best and our worst. The one who knows our history and is a primary part of our future.

We want them to know us, to really know us, and these questions can help. Dr. Catron says, "Most of us think about love as something that happens to us, we fall and sometimes we get crushed. But what I like about this study is how it assumes that love is an action."

This activity should be done at a slow pace and should last at least 45 minutes.

Grab a couple of comfortable chairs and place them facing each other. Knees should be about a foot or so away from each other. Turn off phones and all other distractions.

1. Given the choice of anyone in the world, whom would you want as a dinner guest?
2. Would you like to be famous? In what way?
3. Before making a telephone call, do you ever rehearse what you are going to say? Why?
4. What would constitute a "perfect" day for you?
5. When did you last sing to yourself? To someone else?
6. If you were able to live to the age of 90 and retain either the mind or body of a 30-year-old for the last 60 years of your life, which would you want?
7. Do you have a secret hunch about how you will die?
8. Name three things you and your partner appear to have in common.
9. For what in your life do you feel most grateful?
10. If you could change anything about the way you were raised, what would it be?
11. Take four minutes and tell your partner your life story in as much detail as possible.
12. If you could wake up tomorrow having gained any one quality or ability, what would it be?
13. If a crystal ball could tell you the truth about yourself, your life, the future, or anything else, what would you want to know?
14. Is there something that you've dreamed of doing for a long time? Why haven't you done it?
15. What is the greatest accomplishment of your life?
16. What do you value most in a friendship?
17. What is your most treasured memory?
18. What is your most terrible memory?
19. If you knew that in one year you would die suddenly, would you change anything about the way you are now living? Why?
20. What does friendship mean to you?

21. What roles do love and affection play in your life?
22. Alternate sharing something you consider a positive characteristic of your partner. Share a total of five items.
23. How close and warm is your family? Do you feel your childhood was happier than most other people's?
24. How do you feel about your relationship with your mother?
25. Make three true "we" statements each. For instance, "We are both in this room feeling _____."
26. Complete this sentence: "I wish I had someone with whom I could share _____."
27. If you were going to become a close friend with your partner, please share what would be important for him or her to know.
28. Tell your partner what you like about them; be very honest this time, saying things that you might not say to someone you've just met.
29. Share with your partner an embarrassing moment in your life.
30. When did you last cry in front of another person? By yourself?
31. Tell your partner something that you like about them already.
32. What, if anything, is too serious to be joked about?
33. If you were to die this evening with no opportunity to communicate with anyone, what would you most regret not having told someone? Why haven't you told them yet?
34. Your house, containing everything you own, catches fire. After saving your loved ones and pets, you have time to safely make a final dash to save any one item. What would it be? Why?
35. Of all the people in your family, whose death would you find most disturbing? Why?
36. Share a personal problem and ask your partner's advice on how he or she might handle it. Also, ask your partner to reflect back to you how you seem to be feeling about the problem you have chosen.

Now that you are done asking and answering questions, look into each other's eyes for four minutes (try not to giggle too much).

The formal activity is complete. Now, talk about how this exercise made you both feel.

Tessa and Scott

Tessa Virtue and Scott Moir made history in February 2010 at the Vancouver Winter Olympics when they became the first North Americans and youngest skaters to win gold in ice dance. Holding five Olympic medals, this beloved Canadian pair is the most decorated in Olympic figure skating history. What a legacy!

Mardi Gras

On February 24, 1857, New Orleans held its first Mardi Gras parade. Interestingly, attendees wore masks to conceal their identities and in so doing, they were able to escape society's rigid class constraints. Masks gave them the freedom to act however they wanted, with whomever. To this day, masks and parades remain sacred Mardi Gras traditions!

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