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Nervous Systems



A compelling new dance work created and choreographed by **Kimberley Cooper** featuring the DJD Dance Company and original live music played by a four piece band led by Calgary musician and trombonist **Carsten Rubeling**.

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PRESIDENT'S MESSAGE

April showers.... end March snow. We have had an extended season for the rink and we are very satisfied with that. Also, having the opportunity to book ice time on weekends has been very popular. This will be reflected next season.

In addition to our announcements from last issue, I'm happy to inform you that Dan Mowat has been elected to the position of Maintenance Director. He will be responsible for the maintenance of our facilities and any operations needed to keep our site in optimum condition. Dan will be working under the Community Life Community with Terry McGuire serving as Chair. Congratulations, Dan.

We are still searching for a suitable person to serve as Board Secretary, and the positions of Business Liaison Director, Social Director, Membership and Communication Director(s), and Technical Director remain vacant. Now that we have concluded the ice season, perhaps you could consider serving as Rink Coordinator for next year. There are many ways in which persons can give back to the community. These all serve as venues for personal growth and the opportunity to impress your persona on your home community.

In this newsletter, you will find another article outlining our Cleanup Day. We have joined forces with both Springbank Hill and Discovery Ridge communities. This is our first post-rink event for our association this year. Save the date: April 29, 2023.

We have begun planning other events as well. One would enhance the stairway by planting a garden there. We are not sure this project will be viable with a couple of other projects also in the works. In another article, we have outlined some aspects of the project and provided you with a contact person. If we get sufficient volunteers, we will look at that for this spring. If not, perhaps we can defer for next year. Please let us know.

If you have something to share, reach out to me at president@shca.ca.



GAMES & PUZZLES

Trivia: Calgary Edition

1. What year did the Calgary Flames win the Stanley Cup?
2. What was Calgary's original name?
3. What iconic indie pop duo hails from Calgary?
4. In 1969, what cocktail did Walter Chell invent in Calgary?
5. Who was Canada's flag bearer at Calgary's 1988 Winter Olympics?



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Signal Hill

Community Association

Board Contact List

President	Ronald Waters president@shca.ca
Vice President	Rob Leong veepee@shca.ca
Secretary	Vacant secretary@shca.ca
Treasurer	Mandy van der Merwe treasurer@shca.ca
Fundraising	Gord Vogt fund@shca.ca
Social	Vacant
Communications and Membership	Vacant membership@shca.ca
Technical	Vacant web@shca.ca
Business Liaison	Vacant
Development	John Lamacchia development@shca.ca
Property and Facilities	Terry McGuire maintenance@shca.ca
Rink Coordinator	Vacant rink@shca.ca
Past President	Brian Lawrence director1@shca.ca
Directors at Large	Laurel Madro Director007@shca.ca
Maintenance Director	Dan Mowat

BRAIN
GAMES

SUDOKU

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

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2023 Community Cleanup Event

The Signal Hill, Springbank Hill, and Discovery Ridge community associations have teamed up to host a Community Cleanup event in 2023.

Event Date: Saturday, April 29, 2023

Time: 9:00 am to 2:00 pm

Location: Westside King's Church parking lot (SE corner of Springbank Blvd and 69 St SW)

The City will provide trucks to collect garbage.

Other recycling vendors may include metal, electronics, bicycles, tires, paper shredding, and donations.

Unfortunately, we cannot accept chemicals, contaminated materials, or hazardous items.

We need 30 volunteers (10 from each community) to work one two-hour shift each.

Volunteers will direct traffic, help people unload their items, support City workers and vendors, answer questions, promote community memberships, etc.

Thank you to the City of Calgary Community Strategies and Waste & Recycling for their contributions. As well, thank you to the many volunteers in these communities who make events like this possible.

For more information check out <https://www.calgary.ca/communities/community-cleanups.html>.

Stay tuned to our social media and website for details on confirmed recycling vendors.



SAFE & SOUND



Bicycle Helmet Safety

from Alberta Health Services

Head injuries are the leading cause of serious injury and death to kids on wheels*. Most injuries occur when a cyclist suffers a fall, strikes a stationary object, or collides with another cyclist/pedestrian. Remember – it's the law in Alberta that cyclists under the age of 18 must wear a helmet (and highly recommended for all ages). Helmets should be CSA approved and worn during recreational activities such as skateboarding, in-line skating, and cycling.

Getting informed

- Wearing a helmet while cycling can prevent a serious injury, or even save a life
- Brain injuries can cause permanent disability or death
- Reduce your risk by always wearing your helmet
- Replace any helmet that has been involved in a crash, even if it appears undamaged

Getting started

- Allow children to assist when buying their helmet
- Cyclists who choose their own helmet are more likely to wear them
- Start the habit early. Young children learning to ride tricycles need to wear helmets
- Parents must lead by example – always wear a helmet when cycling

Getting the right fit

- Take the time to properly fit and adjust your helmet to ensure maximum protection in case of a crash
- When worn properly, helmets should fit level, not tilted up, or down over the forehead
- Helmets should feel snug, but not too tight. To test the fit, the helmet should not fall off when you shake your head from side-to-side while the straps are unfastened
- Adjust the chin straps to form a "Y" below and slightly forward from the ears
- Only one finger should be able to fit under the chin strap when it is fastened
- Do not forget to use the sizing pads included with the helmet. They will help improve the overall fit, comfort, and safety.

* Parachute Canada: <http://www.parachutecanada.org/injury-topics/item/wheeled-activities1>.

Stairway Garden Project 2023: Every Saturday in May

Spring has sprung and, with radiant hopes, we are getting ready to take on a garden project right beside the stairway that leads from the parking lot to the SHCA building and rinks. Last year, we successfully planted 10 trees in a “Trees for Bees” program on this site. This year, we are asking for community engagement for a volunteer project to build out a 600 sq ft garden with low shrubs and perennials.

We are looking for gardeners and landscaping volunteers. Depending on volunteer response, we will use volunteers for retaining wall block building or use contractors. If we use contractors to build the retaining walls, we will still need volunteers to hand, dig, and shape the gardens post-machine work. If you have a green thumb or just want to engage with other volunteers, contact Terry Mullane at terrymullane@shaw.ca.

Sign up now with through this link: <https://volunteersignup.org/3DMH8>. The stairway is a high traffic and ideal place to put in a garden. This project will be a fun gathering for the community that will result in a low maintenance xeriscape point of interest.

Terry Mullane

SHCA volunteer





Girl Guides
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Sarcee Hills Girl Guides are in your area collecting bottles, cans, and refundable milk jugs to fundraise for a trip to London and Paris, and to go camping in Manitoba this summer.

Our next big bottle drives are April 22 or 29 and May 27. To contribute to our efforts, please contact us at girlguidebottledrive@gmail.com.

Our District is also seeking new Guiders! For more information, email any-calgarysarceehills@girlguides.ca.

Thank you for your ongoing support!

Your Guiding Team,

Catharine, Krista, Marnie, Pam, Shauna



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November	22	9	16	\$682,400	\$637,500
October	22	28	22	\$459,950	\$447,000
September	22	22	16	\$717,450	\$684,600
August	22	20	31	\$599,900	\$616,000
July	22	35	22	\$407,450	\$402,500
June	22	25	28	\$699,400	\$689,700
May	22	35	28	\$374,450	\$371,000
April	22	28	36	\$417,450	\$417,500
March	22	38	45	\$679,000	\$686,000

To view more detailed information that comprise the above
MLS averages please visit sig.mycalgary.com

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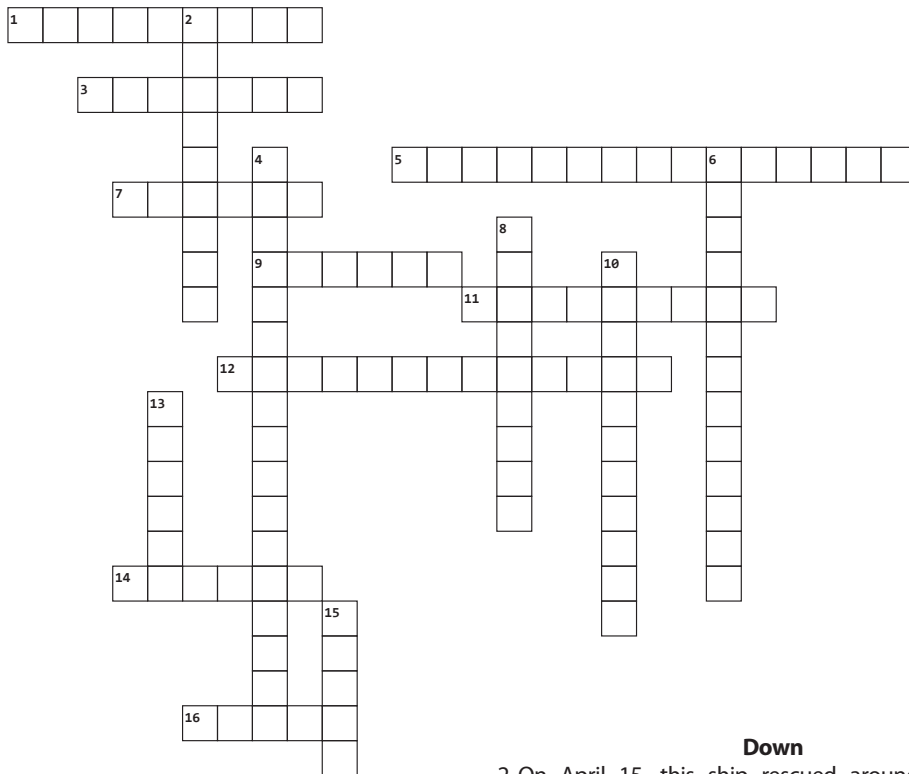
COME TRY Ringette

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April 23
2:00-3:30PM
Flames Community Arena

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April Crossword Puzzle



Across

1. The smell that is caused by the mixture of rainwater and various earthly compounds.
3. Kids will leave these out for the Easter bunny in case he gets hungry.
5. Born on April 15, 1452, this artist's painting was famously stolen.
7. On April 11, this national observance advocates against animal violence and cruelty.
9. The Latin root for the word 'April.'
11. This Calgary-born competitive pair skater won gold at the 2002 Olympics with her partner David Pellettier.
12. This Vancouver-born actress is best-known for playing Robin Scherbatsky on the CBS sitcom *How I Met Your Mother*.
14. Literature lovers will know that April is National _____ Month.
16. A colourful and popular marshmallow Easter treat.

Down

2. On April 15, this ship rescued around 705 people from a famous shipwreck 595 km off the coast of Newfoundland.
4. What makes April 9, 1917, an important date to many Canadians?
6. It is said that this day began in 1852 when France started using the Gregorian calendar and the new year no longer began on April 1.
8. Born on April 21, 1816, she is the oldest Brontë sister and author of *Jane Eyre*.
10. This Chilean-American *The Last of Us* actor was born on April 2, 1975.
13. In the United States, spring is said to have arrived when this bird comes to town.
15. One of April's birth flowers that comes from the Old English phrase 'dægese-eage'.

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* MLS data, Calendar 2012 - 2022 inclusive. Detached homes on the Westside - the combined communities of West Springs, Aspen Woods, Springbank Hill, Discovery Ridge, Signal Hill, Christie Park, Strathcona Park, Coach Hill, Patterson, & Cougar Ridge.