# Signal Hill

THE OFFICIAL SIGNAL HILL COMMUNITY NEWSLETTER



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News, Events, & More









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# PRESIDENT'S MESSAGE

Our community has a new communications team. The team is looking at our present communications strategy and tools. Very soon this should result in a new web presence and changes to our Facebook page. In the meantime, please bear with us as we continue to use our current offerings from a communications perspective.

During the April Board meeting we discovered that our Board Secretary position has still not been filled. Our Past-President suggested that we triple the current salary. I was adamant that we should quadruple it! Easy thing to say when it is a volunteer position. If you feel that you would like to help your community in this way, please feel free to reach out to me. You will find this to be a rewarding experience.

Our ability to plan new activities is growing as more people continue to reach out and give back to the community. Last month, we, along with our neighbouring communities, hosted the Community Cleanup day. Such events work well in residential communities like ours. While we have devoted a lot of printed space in this column to let you know of the positions that we need to fill on our Board, I hope that we are not neglecting the many who volunteer with a number of events throughout the year. This month we will be celebrating all our volunteers who have supported a number of events throughout the year. From plant sales to flooding the ice to helping our fundraising events; all those who have helped have enabled us to support our year-round events and laid a foundation for the days ahead. Raise a glass to those who have supported our events!

Next month we are doing something new. We are going to call it Terry's Walk. Our community is blessed with a number of areas where we have green space, and we have a number of small parks scattered throughout. There might be some that need attention or a bit of a facelift. The Community Life Committee wished to inventory and show our Board such spots. If you know of some spots that could benefit from our attention, please let us know. You can do so by letting the Director of the Community Life Committee add it to next month's tour. Terry McGuire can be reached at traffice@shca.ca.

Also, next month the City of Calgary is updating us on any proposed roads projects. Feel free to ask any of our Directors about what they learned after the May 10 meeting.

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









# **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		



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# Signal Hill Casino: August 15 and 16

Signal Hill Community Association's most important fundraising event happens August 15 and 16. We require approximately 40 volunteers to help run (with assistance from experienced advisors) a two-day casino. We will be returning to Cowboys Casino for our event.

The funds raised help take care of 75% of the operating cost for the community. These include outdoor rink expenses (Olympia repair, utilities - lots of water), the landscaper for the garden park, and building maintenance and repairs. The use of the AGLC restricted funds give us the ability to do fun things with our other funds.

Please sign-up at volunteersignup.org/ATBRK.

If you have any questions, please email Gord Vogt at fund@shca.ca.





# Do You Know the Signs of a Stroke?

from Alberta Health Services

A stroke occurs when a blood vessel in the brain is blocked or bursts. Without blood and the oxygen it carries, part of the brain starts to die. The part of the body controlled by the damaged area of the brain can't work properly.

Brain damage can begin within minutes. That's why it's important to know the symptoms of stroke and to act fast. Quick treatment can help limit damage to the brain and increase the chance of a full recovery.

### What are the symptoms?

Symptoms of a stroke happen quickly. A stroke may cause:

- Sudden numbness, tingling, weakness, or loss of movement in your face, arm, or leg, especially on only one side of your body.
- · Sudden vision changes.
- Sudden trouble speaking.
- Sudden confusion or trouble understanding simple statements.
- Sudden problems with walking or balance.
- A sudden, severe headache that is different from past headaches.

If you have any of these symptoms, even if they go away quickly, call 911 or other emergency services immediately.

### Remember: FAST

The acronym "FAST" is a simple way to remember the main symptoms of a stroke. Recognizing these symptoms helps you know when to call for medical help. FAST stands for:

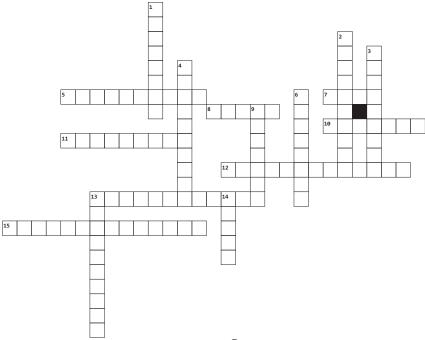
- Face: Is it drooping?
- Arms: Can you raise both?
- Speech: Is it slurred or jumbled?
- Time: To call 911 right away.

It's important to act fast and to call for medical help if you have stroke symptoms. Quick treatment may save your life, and it may reduce the damage in your brain so that you have fewer problems after the stroke.

For more information about a stroke, including the signs and symptoms, visit myhealth.alberta.ca.



# **May Crossword Puzzle**



### Across

- 5. Originally from Nunavut, this artist has won both a Polaris Music Prize and a JUNO for her unique blend of throat singing with Western music genres.
- 7. In May of 1918, some women were given the ability to do this.
- 8. World \_\_\_\_\_\_ Day celebrates and raises awareness for this endangered water dwelling mammal.
- 10. On May 15, this band, hailing from Hamilton, Ontario won Group of the Year at the 2022 JUNO awards.
- 11. A Star Wars pun becomes very popular on this day.
- 12. This actor and ex-wrestler has both their American and Canadian citizenship, only getting the latter at the age of 37.
- 13. This classic children's toy was introduced on May 1, 1952, and was the first toy ever advertised on television.
- 15. On May 11, 2019, this novel by Eden Robinson won the Ethel Wilson Fiction Prize.

### Down

- 1. On May 17, 1642, this Canadian city was founded by Paul de Chomedey, Sieur de Maisonneuve.
- 2. At San Francisco's Grand Opera House, this was played for the first time on May 4, 1878.
- 3. This clothing item was patented 150 years ago.
- 4. Released 28 years ago, this film increased tourism in Scotland.
- 6. A solar eclipse on May 29, 1919, proved \_\_\_\_\_\_'s theory of general relativity.
- 9. Canada's first \_\_\_\_\_\_ was found in 1998 in Yukon Territory.
- 13. In the United States, the most phone calls are made on this holiday.
- 14. On May 30, 1966, the first full-disk image of was taken.

SCAN THE QR CODE FOR THE ANSWER KEY



# YOUR CITY OF CALGARY

# Let the Dogs Run Free: Map Shows Off-Leash Areas in the City

from the City of Calgary



As the weather warms up, it's the perfect time to get outside and spend time with your four-legged friend. Calgary has 157 public off-leash areas with a combined area of 1,145 hectares for you and your dog to enjoy.

The City of Calgary has a map that shows the location of off-leash dog areas in Calgary. View the Calgary Off-leash Dog Areas Map on the Map Gallery; it can be found at https://maps.calgary.ca/OffLeashDogAreas/.

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



# City-Supported Community Cleanups Begin April, Saving Residents a Trip to the Landfill

from the City of Calgary

City-supported community cleanups begin in April and will continue through to early fall. These popular events are hosted by community associations with support from The City of Calgary. Calgarians can drop off unwanted items at any community cleanup location, regardless of where they live in the city. There is no charge for putting items in City of Calgary trucks. Keep in mind that some community associations bring in recycling services that may require a fee. Check calgary. ca/cleanup for the list of community associations hosting cleanup events and check the community associations' website or social media page for full details on the event in each community.

Green or blue cart items, which includes yard waste or recyclable items, will not be accepted at the cleanup events unless the community association has hired additional vendors. Visit calgary.ca/whatgoeswhere for items that are recyclable.

### Please Don't Bring:

- Car batteries
- Glass (e.g. windowpanes, glass tabletops)
- Household appliances with Freon (e.g. refrigerators, freezers)
- Microwaves
- Liquids (e.g. cooking oils)
- Large metal items (e.g. lawnmowers, barbeques)
- · Railway ties
- · Sod or dirt
- Household hazardous waste (see calgary.ca for drop off locations)







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		Properties		Median Price	
		Listed	Sold	Listed	Sold
March	23	27	20	\$622,450	\$608,250
February	23	20	20	\$584,350	\$577,450
January	23	20	17	\$479,900	\$470,000
December	22	10	9	\$384,900	\$365,000
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

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



# Hey, Calgary!

# Do any of these bother you?

Acne Scars Redness/ Rosacea Sun Damage Face/ Body Hair

**Fine Lines and Wrinkles** Skin Quality **Large Pores** Stretch Marks TMJ Pain

**Aging Skin** Spider Veins **Thinning Lips Chronic Migraines Excessive Sweating** 

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# **Tuna Tostadas**

by Jennifer Puri



To fold or not to fold is the difference between a tostada and a taco.

The decision to stuff toppings into a taco or pile toppings on a tostada is up to you.

The early Mexicans determined that the best way to extend the shelf life of a stale tortilla was to toast it. It appears that avoiding food waste was as important then as it is now.

There are many popular Mexican food options, but the taco is an international favourite, and there are few better ways to achieve a combination of flavours in one bite.

A tortilla fried or toasted is a delicious crunch base and can be topped with refried beans, cheese, Mexican rice, lettuce, tomatoes, ground beef, shredded chicken, or ahi tuna used in the recipe for tuna tostadas.

Prep Time: 20 minutes
Cook Time: 8 minutes

Servings: 4

### **Ingredients:**

- 500 gm ahi tuna
- 2 cups thawed mango chunks
- 1 jalapeno pepper, seeded and chopped
- 3 tbsp. chopped coriander leaves
- ½ cup red onion, finely chopped
- 1 cup chopped cucumber
- 3 tbsp. extra virgin olive oil
- 2 tbsp. freshly squeezed lemon juice
- 6 tbp. mayonnaise
- · 2 chipotle peppers in adobo sauce, finely chopped
- 4 x 6-inch corn or flour tortillas
- 4 tbsp. vegetable oil

### **Directions:**

- Slice ahi tuna into bite size pieces and set aside.
- Cut mango chunks into half-inch pieces and place in a medium size mixing bowl. Add chopped, de-seeded jalapeno, red onion, cucumber, coriander leaves, lemon juice, and olive oil. Now add ahi tuna pieces and gently blend together, cover, and set aside.
- Prepare the adobo mayo dressing by combining the chopped chipotle peppers and a little of the adobo sauce with the mayonnaise.
- In a heated frying pan or skillet, place a tablespoon of vegetable oil and one tortilla. Fry tortilla, flipping once or twice until crispy, approximately one to two minutes.
   Remove from pan and place on paper towel to drain of any excess oil. Repeat process with remaining tortillas.
- Place individual tostadas on dinner plates and top with ahi tuna mixture. Garnish with a tablespoon of adobo mayo dressing, a few coriander leaves, and serve.

Bon Appétit!







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Real Estate (Central)