Signal Hill

THE OFFICIAL SIGNAL HILL COMMUNITY NEWSLETTER



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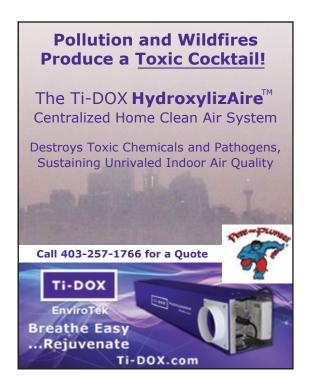
Dr. Bakare Adedayo & Dr. Ali Rahimzada will be joining our team!

- Dr. Bakare Adedayo will be taking appointments and walk-ins every Saturday starting July 8 (10:00 am-2:00 pm)
- Dr. Ali Rahimzada will join our clinic and accept new patients starting August 1
- Dr. Farhat is starting to treat chronic migraines using Botox injections
- Registered Nurse Karin Dixon has joined our team to do cosmetic Botox injections and fillers

Our clinic offers Botox injections for medical and cosmetic purposes by qualified professionals. Botox can smooth wrinkles, reduce spasms, and treat other conditions. Ms. Karin Dixon, our certified nurse practitioner, started cosmetic fillers and Botox injections at our clinic. She can help you with lip, cheek, chin, and skin enhancement using Botox and fillers.

The first 100 patients will receive a 10% discount off their first treatment. For more information on our new doctors and services, please call 825-413-1113.

T: 825-413-1113 | F: 825-413-1333 | 23 - 8 Weston Drive SW www.hluediamondmedical.ca











Board Contact List

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Rink Coordinator	Vacant rink@shca.ca		
Past President	Brian Lawrence director1@shca.ca		
Maintenance Director	Vacant		



PRESIDENT'S MESSAGE

Summer! It's here! With or without smoke remains to be seen. I think we all have come

to feel different about the expression, "Lazy hazy days of summer. So many have lost everything in the spring fires. While we as a community escaped losses like some of our neighbours, I am sure that you know of friends or family that have been touched by Canada's historical fire season. Let's pause for a moment to reflect on the enormous losses some have sustained.

By the time you read this letter, you will know the recycling bins located in the Westside Mall area will have been removed. Even though the city sent trucks twice a day/seven days a week, the site was difficult to manage. That was a key recycling center, not just for Signal Hill, but for the entire west side of the city. As an Association, we are trying to search for a suitable site to host the recycling program. If you can think of an appropriate location, let us know please.

We had our last meeting as a complete board in June. Your Community Association doesn't stop working until September – otherwise you would not be reading this letter. Several committees and individual board members have projects throughout this month and extending into August. So, we are here. Keep up to date on our activities on our webpage. Questions can be sent to info@shca.ca and the appropriate board member will respond.

Also, at our last meeting, the board was informed that one of the longest serving board members was leaving our board. Laurel Madro was our secret weapon; that's why her email was Director 007. Laurel, we thank you so much for serving the last eight years. Your leadership and influence made our board and community stronger. I'm happy to know that I will still see your wonderful smile and bubbly enthusiasm as a volunteer at many of our future events.

If you wish to send your concerns or comments directly, please reach out to president@shca.ca.



TAKE ON WELLNESS

Why Calcium Matters

from Alberta Health Services



Calcium keeps your bones and muscles—including your heart—healthy and strong.

Your body needs vitamin D to absorb calcium. People who do not get enough calcium and vitamin D throughout life have an increased chance of having thin and brittle bones (osteoporosis) in their later years. Thin and brittle bones break easily and can lead to serious injuries. This is why it is important for you to get enough calcium and vitamin D at every age.

Your body also uses vitamin D to help your muscles absorb calcium and work well. If your muscles don't get enough calcium, then they can cramp, hurt, or feel weak. You may have long-term (chronic) muscle aches and pains.

How much calcium do you need?

How much calcium you need each day changes as you age. Here are the recommended dietary allowances (RDAs) for calcium:

• Ages one to three years: 700 milligrams

• Ages four to eight years: 1,000 milligrams

Ages nine to 18 years: 1,300 milligrams
Ages 19 to 50 years: 1,000 milligrams

• Males 51 to 70 years: 1,000 milligrams

• Females 51 to 70 years: 1,200 milligrams

· Ages 71 and older: 1,200 milligrams

If you are pregnant or breastfeeding, you need the same amount of calcium as other people your age.

How can you get enough calcium?

Calcium is in foods such as milk, cheese, and yogurt. Vegetables such as broccoli, kale, and Chinese cabbage also contain calcium. You can also get calcium if you eat the soft edible bones in canned sardines and canned salmon. Foods with added (fortified) calcium include some cereals, juices, soy beverages, and tofu. The food label will show how much calcium was added.

You can figure out how much calcium is in a food by looking at the percent daily value section on the nutrition facts label. The food label assumes the daily value of calcium is 1,100 mg. If one serving of a food has a daily value of 20 percent of calcium, that food has 220 mg of calcium in one serving.

Two common calcium supplements are calcium citrate and calcium carbonate. Calcium carbonate is best absorbed when it is taken with food. Calcium citrate can be absorbed well with or without food. Spreading calcium out over the course of the day can reduce stomach upset and allows your body to absorb it better. Try not to take more than 500 mg of calcium supplement at one time.

For more information, call Health Link toll-free at 811.







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), a 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 to volunteer at volunteersignup.org/ATBRK.

SCAN HERE TO VIEW ADDITIONAL SIGNAL HILL CONTENT

News, Events, & More



Crime Statistics



Real Estate Statistics



SAFE & SOUND

Heat Related Illness

from Alberta Health Services

EMS would like to remind everyone to stay safe in the heat and sun this season. While children and the elderly may be more susceptible to the effects of heat and sun, basic prevention measures should be taken by all to avoid a heat related illness during periods of hot and humid weather.

Heat Exhaustion

- Heat exhaustion can occur due to excessive fluid loss during periods of prolonged sweating in a hot and/or humid environment (indoors or outdoors).
- Patients may suffer headaches, weakness, fatigue, nausea/vomiting, thirst, chills, and profuse sweating.
- The patient is usually cold and damp to the touch and the skin may appear pale or dusky gray.

Heat Stroke

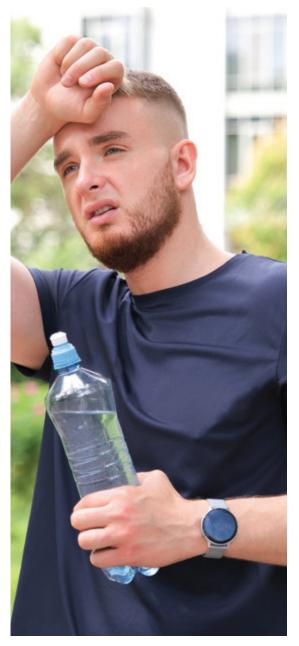
- Heat stroke is a medical emergency which, without prompt treatment, could be fatal.
- It occurs when the body can't cool itself naturally (e.g., perspiration). The body's temperature will continue to rise to dangerous levels.
- Due to severe dehydration and the inability to sweat, the patient may appear flushed, and skin may be hot and dry to the touch.

First Aid

- First aid for all heat related illness begins with removing or sheltering the patient from the hot environment.
- Remove excess, or tight-fitting clothing, and allow them to rest in a cool environment.
- If the patient is conscious and alert, provide suitable fluids such as water, juice, or a sports drink.
- If you are concerned, seek medical attention.

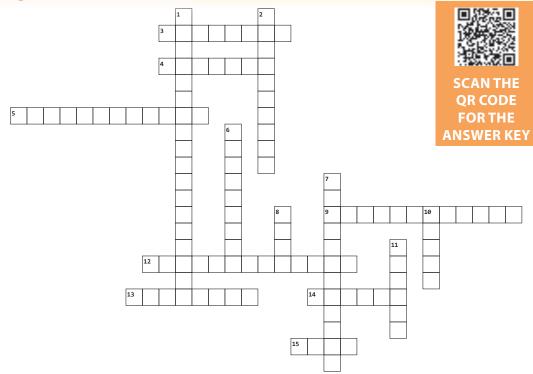
Prevention

- Stay well-hydrated by drinking plenty of water at all times.
- Be aware that excessive alcohol consumption will promote dehydration.
- Always wear a broad brimmed hat to keep the sun off your face and neck.



 Apply a broad spectrum, waterproof sunscreen with a minimum SPF of 30+, especially for children. The sun's UV rays peak between 11:00 am and 3:00 pm, even on cloudy days.

July Crossword Puzzle



Across

- **3.** The first Canadian-hosted Olympic games took place in this city.
- **4.** 7-year-old Roger Woodward became the first person to survive going over these falls without a barrell.
- 5. The month of July is named after this Roman political figure.
- **9.** This Canadian province experienced the hottest temperatures ever officially recorded in Canada (45 degrees Celcius) on July 5, 1937.
- **12.** The first human to walk on the moon, which occurred on July 20, 1969.
- **13.** This Canadian American actress, born on July 20, 1971, is best known for her role in *Grey's Anatomy*.
- **14.** On July 5, 1946, just after World War 2, the modern version of this risqué piece of women's clothing was introduced due to the rationing of materials.
- **15.** Filmed in Alberta, this 2022 motion picture was referred to as "Skull" during production to keep it a secret.

Down

- **1.** Go Set A Watchman was the original manuscript for this classic Pulitzer Prize winning novel.
- This iconic Coldplay album was released on July 10, 2000, and features the hit single Yellow.
- 6. In the summer of 2019, this folk horror film depicting Scandinavian paganism and starring Florence Pugh was released.
- **7.** This Canadian artist rose to fame on YouTube and was the most Googled celebrity in July 2010.
- **8.** National ______ Day is observed on July 31 and December 2 to raise awareness and help these dogs get adopted.
- **10.** World ______ Day celebrates this intellectual two player board game.
- 11. On July 6, 1885, Louis Pasteur successfully administered this vaccination for the first time, replacing the previous treatment, mad stones.

Proper Disposal of Smoking Materials

from the City of Calgary

Improper disposal of smoking material such as tobacco products is the leading cause of outdoor fires in Calgary. To help reduce outdoor fire risks, citizens should make an effort to properly dispose of smoking material. Remember to always call 911 to report a fire.

To Better Protect Your Homes, it is Recommended That You:

- Never put out cigarettes or smoking material in flower planters, peat moss, your lawn, or garden.
- Use a deep, wide, sturdy metal container with a lid, filled part way with sand or water that should be emptied regularly.
- Ensure that all butts and ash are out by soaking them with water prior to putting in the trash.

Smoking in Natural Areas

Extreme caution should be used in the city's natural areas and green spaces where extremely dry vegetation covering the ground provides readily combustible fuel if an ignition source is applied.

Reducing Risk

- Do not store propane tanks, firewood, or yard waste next to your house.
- Prune all tree branches within two metres of the ground and plant new trees at least three metres apart.
- Assess potential fire hazards within 1.5 metres of your home, including natural debris, trees, and other structures.

Smoke Alarms

Having working smoke alarms saves lives – more than one-third of all fire fatalities are associated with having no smoke alarm.

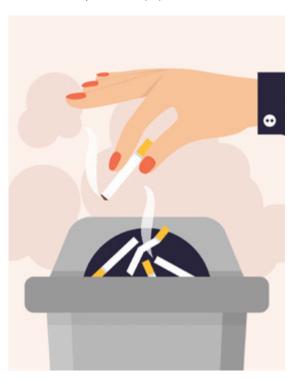
Cigarette Litter

Did you know that cigarette litter is a major environmental concern and contributes to a disproportionate amount of litter in our city? Contrary to popular belief, those white sponge-like butts are not made from cotton or paper — instead, they're a

synthetic microfibre that takes years to break down and are unsightly around our city.

- Cigarette filters are one of the most littered items in the world.
- Chemicals that can leach out of cigarette butts include arsenic, ammonia, and lead. The chemicals found in one cigarette butt can leach out and contaminate approximately 7.5 litres of water within one hour. This contaminated water is lethal to aquatic life.
- Sunlight will degrade a cigarette filter and break it into very small particles. These small pieces do not disappear or biodegrade but wind up in the soil or swept in water, contributing to water pollution.
- The fines for the improper disposal of cigarette litter ranges from \$250 to \$500, with a maximum fine of \$750 for throwing a butt out of a car window.

If you're a smoker, consider buying a pocket ashtray available locally and from popular online retailers.



Use Water Wisely Outdoors This Summer

from the City of Calgary



The summer ahead looks hot and dry, so let's make the most of the water we use outdoors.

Did you know that Calgary's dry climate is at risk of droughts, which can put pressure on our rivers and impact our water supply?

During the summer, Calgary communities can see an average increase of 20 to 30 percent because of outdoor watering activities. Below are some actions that can help you to create a water efficient home and yard and prepare for hot and dry conditions.

Following These Guidelines Will Help You Prepare for the Weather and Build Resiliency to Drought in Our City:

- Water in the early morning before 7:00 am or later in the evening.
- Watch the weather forecast and skip watering after it rains or when rain is in the forecast.
- Only give plants the water they need, and don't overwater.
 Read plant tags to know how much to water your garden.
- Water plants with a soaker hose, drip irrigation, or by hand to direct water to a plant's roots and help avoid losing water to evaporation.
- Capture and use the free rainwater that lands on your property! Install a rain barrel and use it to water your trees, shrubs, and flowers.

Visit calgary.ca/waterguide for information on how to create a water efficient yard, including watering 101 for plants, shrubs, and trees, lawn care, and irrigation systems.



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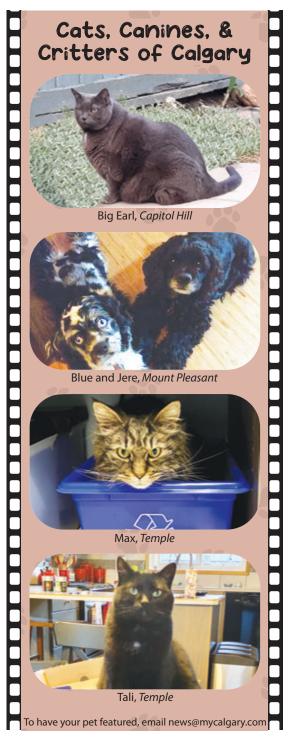
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TIP OF THE TAIL - DOG WALKS AND TRAINING IN SIGNAL HILL! Pick ups for morning and afternoon group walks at Edworthy park! Temperament matched groups keep your dog happy and healthy, guaranteed nap ready upon return! Check us out on Instagram, Facebook, or www.tipofthetail.ca. Call, text, or email to book a meet and greet now! 587-969-6959 | tipofthetailyyc@gmail.com.

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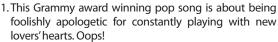
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SCAN THE QR CODE FOR THE SOLUTION



GAMES & PUZZLES





- 2. This thrilling hit pop song is about a woman being stalked by a beast about to strike.
- 3. This 2014 electro-pop song is about meeting someone in the summer, falling in love in the fall as the leaves turned brown, and then being betrayed by lies.
- 4. This heartfelt alternative rock ballad is all about wanting to skip right to October because summer has come and passed.
- 5. This country song is about going out and having fun with no inhibitions, just feeling womanly and dancing with your girlfriends on a night out.
- 6. This gentle pop rock song is about being so in love with someone that they colour your world and make the stars shine for you.

SCAN THE QR CODE FOR THE ANSWERS!





Lunenburg

Old Town Lunenburg, Nova Scotia, is one of 20 Canadian UNESCO World Heritage Sites. Founded in 1753, this historic port holds the world's best preserved "model town" – a pre-designed British colonial settlement plan. If you look at Old Town Lunenburg from above, you'll see that all streets are straight with all corners square!





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SIGNAL HILL COMMUNITY REAL ESTATE ACTIVITY

Median Price Properties Listed Sold Sold Listed May 23 30 31 \$679,400 \$680,000 April 23 22 23 \$514,900 \$505,000 March 23 24 20 \$622,450 \$608.250 **February** 23 20 20 \$584,350 \$577,450 January 23 18 17 \$479,900 \$470,000 December 22 10 9 \$384.900 \$365,000 November 22 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 22 July 35 22 \$407,450 \$402,500 22 25 June 28 \$699,400 \$689,700

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

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David is our Realtor.

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Real Estate (Central)