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- Supply & install new toilet with soft close seat
- Supply & install one corner caddy with soap dish

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- Supply & install new tile to ceiling
- Supply & install one corner caddy & soap dish
- Supply & install new subfloor
- Installation of new tile flooring
- Supply & install new vanity
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- Supply & install new Delta vanity tops
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## Make Every Drop Count: Collect and Reuse Water with a Rain Barrel

by *The City of Calgary*

Our region is in a drought, and that's why now, more than ever, every drop counts. With another dry summer expected this year, we all need to do our part to conserve water and use it wisely.

A rain barrel is a great way to capture and reuse any rainwater Mother Nature provides this season. You can use what you collect to water your trees, lawn, and garden – even when outdoor water restrictions are in place.



## Did you know the Battalion Park School playgrounds need to be replaced?

School playgrounds are community assets, and we need our neighbours' help to rebuild.

Help our community build new playgrounds for Battalion Park School. Please donate at [shses.ca](https://shses.ca).



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## April Fools

Although the origins of April Fools' Day are a bit murky, some historians believe it originated in the 16<sup>th</sup> century when France changed from the Julian to Gregorian calendar. Julian calendar New Years began in April, folks clinging to the old date got teased as they celebrated New Years on April 1 instead of January 1.

## RESIDENT PERSPECTIVES

### Do I Need to Be Happy?

by Michelle Poon, Registered Psychologist



Happiness is defined as an emotional state characterized by feelings of pleasure, contentment, and a sense of satisfaction. During a state of happiness, we may feel energized, enjoy healthy relationships, and feel like we are living with a sense of purpose. Alternatively, during a state of unhappiness, we may feel disappointed, think more pessimistically, and experience fatigue and changes in weight or appetite.

However, life is a balance of a variety of emotions, both comfortable and uncomfortable, and it's healthy to experience a wide range of emotions. Anxiety, sadness, guilt, and anger are all normal emotions, and they can help us grow and become more resilient. Life satisfaction does not come from feeling happy all the time, but instead stems from evolving factors such as mindfulness, living by your values, and responding more effectively to unhelpful thoughts.

The following are ways to both increase life satisfaction, and cultivate more moments of happiness:

- **Have more mindful moments** – be in the here and now, practice gratitude, perform random acts of kindness, and pay more attention to the small things around you.
- **Live by your values** – identify what you want to stand for in life and incorporate these values into activities such as volunteering and/or other community involvement.
- **Reframe and respond more effectively to unhelpful thoughts** – consider alternative perspectives, focus on the bigger picture, and let go of thoughts that aren't enhancing your life.

Keep in mind that the above strategies take committed action and time. It's always okay to ask for help and to try out different strategies to find the one that works best for you.

*"Even if happiness forgets you a little bit, never completely forget about it."* - Jaques Prevert



Signal Hill  
Community Association

## Board Contact List

President	Ronald Waters president@shca.ca
Vice President	Rob Leong veepee@shca.ca
Secretary	Chelsea MacMillan secretary@shca.ca
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## PRESIDENT'S MESSAGE

April showers bring...we will have to see. Some of our spring events have had to be moved to the fall schedule. You will find our website the best barometer to see what is planned for the association at [shca.ca](http://shca.ca).

This year we had one of our shortest seasons for the rink! Depending on the weather, we can begin to roll out other outdoor activities. Pedalheads is scheduled to return, and everyone loves the food trucks. Did you try pickleball last year? Are there other activities that you want us to explore for the spring season?

One thing that we wanted to do last year was a tour of Signal Hill assets to see which ones need some tender, loving care. Of course we are not the City, although we would like to have a Parks and Recreation person join us on this tour. Is there a green space or small park that you think we should include in this tour? Send your suggestions in via our website and we will try to include them in our tour.

My wife and I were driving uptown on 17 Avenue, and she commented on how packed the patios were and how many people were milling about along that popular stretch. It is refreshing to see so many throughout our city and community returning to activities outdoors. It's a reclaiming of what we lost when we had had to remain cocooned for two years. I hope to meet up as we enjoy our open spaces in Signal Hill.

Remember, you can always contact me directly at [president@shca.ca](mailto:president@shca.ca) or soon at [info@shca.ca](mailto:info@shca.ca).



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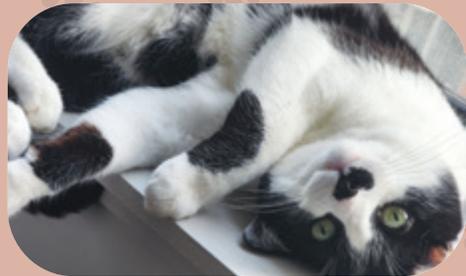
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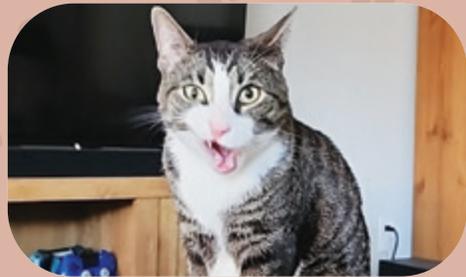
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To have your pet featured, email [news@mycalgary.com](mailto:news@mycalgary.com)

## Bicycle Helmet Safety

by Alberta Health Services EMS

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>.





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# Word of the Month

**Portmanteau: noun (port-man-toe)**

A literary device wherein two words are merged to form a novel word with a distinct meaning.

John was surprised to learn that the word 'motel' is a portmanteau of 'motor' and 'hotel'.

## GAMES & PUZZLES

### Guess the Invention!

1. This delicious, chocolatey treat was created by mistake by Ruth Graves Wakefield in 1930.
2. This Canadian-born technological invention gave the public a more immersive film experience in theatres.
3. James Naismith, a Canadian-born P.E. instructor invented this indoor team sport in 1891.
4. Hollywood actress Hedy Lamarr famously created a frequency-hopping technology, which would eventually lead to this modern wireless network technology.
5. Canadian artist Joe Shuster co-created this iconic comic book character in 1938.
6. In 1940, Norman Breakey of Toronto created this tool which would save time applying paint.



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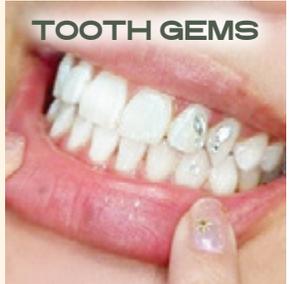
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## YOUR CITY OF CALGARY

# Get Ready Calgary – Green Line Is on Its Way!

by The City of Calgary

Main construction of the Green Line LRT is starting this year, and the benefits will last Calgarians a lifetime. Phase one spans 18 kilometers from Shepard Station at 130 Ave SE to Eau Claire at the north end of downtown. With 13 stations, it provides connections to the Red and Blue LRT lines and three MAX rapid bus routes.

The Green Line will provide transit options for 70,000 people living within a ten-minute walk of the line, unlocking land for development, and increasing access to housing options. This leads to a more vibrant and diverse community for all Calgarians to enjoy.

As the largest infrastructure project in Calgary's history, the Green Line will also improve social equity by providing direct access to 190,000 jobs in downtown, Quarry Park, and industrial areas. The project is also expected to create over 20,000 direct and supporting jobs by the end of construction.

With an estimate of 55,000 daily Green Line riders, there will be less congestion on existing transit routes, and fewer cars on the road. This is great news for the environment and public transit riders!

As construction begins and excitement grows, stay up to date on the project by visiting [calgary.ca/GreenLine](http://calgary.ca/GreenLine) or following @GreenLineYYC on social media.



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February	24	19	18	\$699,950	\$709,950
January	24	18	19	\$689,000	\$685,000
December	23	4	10	\$669,950	\$653,750
November	23	16	11	\$514,900	\$520,000
October	23	19	21	\$449,900	\$450,000
September	23	21	18	\$731,894	\$729,444
August	23	24	25	\$669,900	\$675,000
July	23	23	22	\$704,450	\$682,500
June	23	40	37	\$775,000	\$770,000
May	23	30	31	\$679,400	\$680,000
April	23	22	23	\$514,900	\$505,000
March	23	24	20	\$622,450	\$608,250

To view more detailed information that comprise the above  
MLS averages please visit [sig.mycalgary.com](http://sig.mycalgary.com)

# The Importance of Marketing

Well marketed homes  
*sell faster* and for  
**more money!**

Exceptional Photography  
Intelligent Pricing  
Expert Positioning  
Impactful Campaigns

Let's talk about the importance of marketing in real estate.

Friend  
Neighbour  
Realtor®  
**David Pelletier**

403-869-7971 | david@davidpelletier.ca | davidpelletier.ca



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