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F Face
is it drooping?

A Arms
can you raise both?

S Speech
is it slurred or jumbled?

T Time
to call 9-1-1

Beat stroke
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heartandstroke.ca/FAST

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		Listed	Sold	Listed	Sold
May	24	27	24	\$464,450	\$487,500
April	24	28	20	\$592,400	\$587,500
March	24	13	17	\$779,900	\$810,000
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

To view more detailed information that comprise the above
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Vice President	Rob Leong veepee@shca.ca
Secretary	Chelsea MacMillan secretary@shca.ca
Treasurer	Mandy van der Merwe treasurer@shca.ca
Fundraising	Gord Vogt fund@shca.ca
Social	Aroop Rayu social@shca.ca
Communications and Membership	Vacant membership@shca.ca
Technical	Curtis Lesperance web@shca.ca
Business Liaison	Harrison Yau business@shca.ca
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Property and Facilities	Terry McGuire maintenance@shca.ca
Maintenance Director	Vacant
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Upcoming Events: Canada Day Pancake Breakfast - Monday, July 1st from 9am to noon

Saturday Movie Night - July 20th at 6:30pm

Cannabis and Youth

by Alberta Health Services



Cannabis or other common names including, marijuana, weed, or pot, is a drug that comes from a plant that contains over 100 compounds. The two common compounds are THC and CBD which have completely different effects on the body, but both affect how you think, feel, and act. Cannabis can be smoked, vaped, consumed by eating or drinking, and absorbed through the skin.

Having conversations with a young person may be uncomfortable or difficult to know where or how to begin. Below are some key areas to focus on:

- **Discussions:** When is it the right time to start having these conversations? Well, it is known that discussions about substances should begin as early as 12 years or earlier when appropriate. Educating yourself on how the substance is used and why it may be popular is the first step.
- **Try To Understand Why:** There are many reasons why a young person may decide to use substances, which can include coping, curiosity, or peer pressure. Ask questions and try to understand why they want to use and what they know about the substance.
- **Set Clear Expectations:** It is known that youth succeed with consistency. Be clear with your expectations of “no use of substances” while keeping in mind that you still want to be the support they come to. Role modelling and applying the same expectations for yourself will support maintaining consistency.

References:

- Protecting children and adolescents against the risks of vaping | Canadian Paediatric Society (cps.ca).
- How to Talk with Your Son or Daughter About Vaping - Partnership to End Addiction (drugfree.org).
- Mental Health Literacy. (2024). Cannabis. Retrieved March 21, 2024, from, Cannabis - Mental Health Literacy.

Guess That Fruit!

1. This fruit is known for how well it bounces.
2. Typically, this fruit has the most seeds.
3. This fruit is known as the worst smelling fruit in the world.
4. There is a constant argument about whether this is actually a fruit.
5. The volume of this fruit is 25% air.
6. The _____ plant produces only one fruit per plant at a time.



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PRESIDENT'S MESSAGE



This is my 20th message in this journal; it should have been 22nd or 23rd, but we were plagued with both computer breakdowns and transitioning our email system that prevented a message until now. One of our readers suggested that we devote two pages

to cover what has happened in the interim, but I dare say this would not make our publisher happy.

Yet a lot has happened in the city...from a state of emergency to upzoning to spies potentially affecting the democratic process of how we govern this country – a lot has happened! Hopefully, you have survived and lived to tell the tale.

In similar fashion, we have shared some experiences right in our own community. The Parade of Garage Sales was a great success. Our first Neighbour Day event was rained on as was a similar event last year. Yet those who were in attendance really enjoyed the experience, rain or shine. A resounding success was the Cleanup Day that was held on May 18. Three communities pooled together, providing volunteers and other resources so that 24,000 pounds of materials were either recycled or sent to city waste. It was busy enough that trucks were diverted from other locations to our site. Kudos to all!

As is the custom of most community associations, we will have no scheduled meetings during the months of July and August. Individual directors will still be working hard during the summer. I'll be here for the most part, and we have things happening. Watch our webpage for updates. Any events and pertinent details will also be communicated via email to community members.

There is one project that we will be actively looking for your input. We are planning to have some of our utility boxes adorned with art. Are there any local artists who would like to submit a conceptual proposal? Send your ideas to us. What about the canvas? Which boxes deserve some artistic charm? We are not limiting this program to just local artists, but we would like to see if there is sufficient talent right here in Signal Hill.

Again, thank you for your understanding and patience as we work through the email transition. While we are caught up with many of your messages, there are still some that need to be addressed. Remember, you can contact me directly at president@shca.ca or at info@shca.ca.



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There's a lot that goes on behind the scenes to make this happen. That's why The City of Calgary is introducing a new podcast called *Calgary Conversations, An Insider Pass to the Heart of Calgary's City Hall*.

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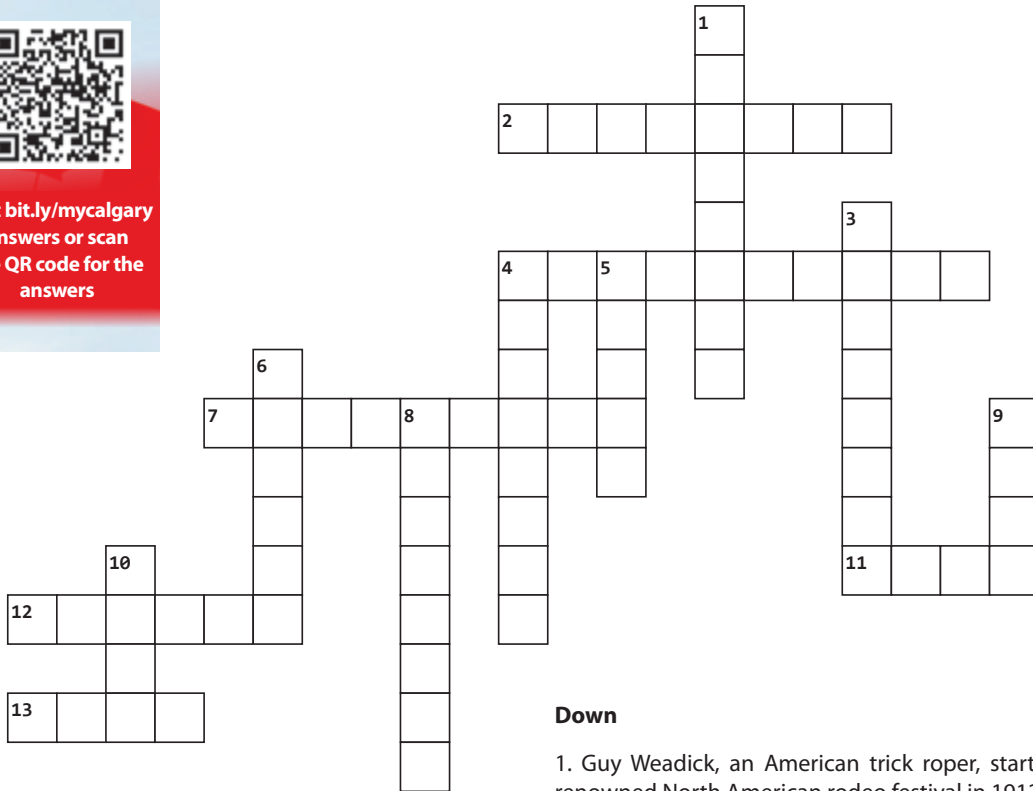
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July Crossword



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Across

2. Pamela Anderson, famous for her role in _____, was born in Ladysmith, BC on July 1, 1967.
4. This popular magical, family-friendly theme park opened on July 17, 1955, in the United States.
7. AT&T launched the Telstar, a communications _____, on July 10 of 1962, which paved the way for communications on cell phones and Wi-Fi technology.
11. This July birthstone is also known as "Ratnaraj" which is Sanskrit for "King of Gems."
12. July is named after the Roman General, Julius _____.
13. The Calgary _____ Music Festival has been a music highlight in Calgary's artistic scene since 1980 and takes place from July 25 to 28 this year.

Down

1. Guy Weadick, an American trick roper, started this renowned North American rodeo festival in 1912.
3. *The Catcher in the Rye*, written by J.D. _____, was released on July 16, 1951.
4. Canada Day is celebrated on July 1 every year but was originally referred to as _____ Day.
5. What type of animal was Dolly, the first mammal ever cloned in July of 1996?
6. The Rolling Stones, with frontman Mick _____, played their first ever concert on July 12, 1962.
8. One of July's birth flowers, the _____, is also known as a delphinium.
9. This action sci-fi prequel to the *Predator* franchise, filmed in Alberta, was released on July 21, 2022.
10. On July 20, 1969, the Apollo 11 mission landed on the moon with commander _____ Armstrong.



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					9		8	5
		9					4	
		1		5				
				1		4		2
		6			4	1		
			5		7		6	
2								3
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📷 @richardpootmans9



MLA Calgary - West

Mike Ellis

234 – 333 Aspen Glen Landing SW
Calgary, AB T3H 0N6

☎ 403.216.5439

✉ calgary.west@assembly.ab.ca

Hello, Ward 6,

With the advent of summer, the warmer weather is now starting. Unfortunately, so is the concern of another potential drought season. On a positive note, based on significant rainfall and cooler temperatures across the region during May and into June, drought conditions have improved across the Bow River Basin. The mountain snowpack is melting at a normal rate, upstream and Glenmore reservoir storage are normal for this time of year, and water demand is normal.

While these things are welcome changes to our watershed conditions, we must remain prepared for drought this year. We continue to encourage Calgarians to use water wisely, especially outdoors, to make every drop count. We have a variety of waterwise tips available at calgary.ca/drought.

You can read about watering wisely, choosing water-wise plants, installing a rain barrel, adding mulch to your garden, mowing less often, pointing your downspout toward your garden, adding good-quality soil, prioritizing watering trees, and checking your irrigation system for leaks.

Summer Activities

With summer also comes our free outdoor activities for children, youth, and families, all starting in July. The City of Calgary's safe and supervised programs are great for making new friends and learning new activities. You can find activities in Ward 6 by visiting www.calgary.ca/parks-rec-programs/free-activities.html for more information.

Are you a golfer or want to learn to golf? The City has seven municipal golf courses at five locations throughout the city, for beginners to experienced players. Stay up to date with the latest information and golf specials by signing up for the golf newsletter here: www.calgary.ca/rec-locations/golf/newsletter.html.

You can also download the app to book a tee time, get golf deals, and so much more here: www.calgary.ca/content/www/en/home/rec-locations/golf/mobile-app.html.

Sincerely,

Councillor Richard Pootmans

It is crucial that the Alberta government responds quickly and decisively during emergencies to protect Albertans and the communities where we live. While Alberta already had a strong emergency management framework; the Emergency Statutes Amendment Act, 2024, provides clarity and transparency to ensure that the province effectively manages emergencies more quickly.

Municipalities are critical partners in an emergency. They have the best on-the-ground information that is needed for an emergency response. Amendments made under Bill 21 ensure Alberta's government can, when needed, assume authority over local emergency response efforts in situations where additional provincial oversight and support is required. These changes define provincial authorities and will help foster coordination during particularly challenging situations.

To ensure that emergencies are responded to in the most effective, efficient manner, amendments clarify and enhance the province's discretionary authority to conduct emergency wildfire response on all provincial lands, both inside and out of the Forest Protection Area. These changes help ensure that, when large or multi-jurisdictional wildfires occur, Alberta's government can step in to support and potentially lead response efforts.

Bill 21 helps government to protect the supply of water for all communities and ensures water is readily available for priority uses, including public health and safety needs, livestock welfare, critical infrastructure, and critical environmental needs. These proposed amendments could only be used as a last resort if a water-related emergency is declared and would only apply to the geographic area designated within the emergency declaration.

Changes to the Election Act moves Alberta's set election date from May to October so it does not coincide with the spring and summer wildfire, drought, and flood season. The new set election date would be the third Monday in October in the fourth calendar year following the election day of the last general election.

Mike Ellis MLA, Calgary-West

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Oh Kanata!

The name "Canada" comes from "Kanata", a Huron-Iroquois word for village. However, in 1535, explorer Jacques Cartier misunderstood the meaning of this word. The Iroquois used the word to tell Cartier the way to Stadacona (now known as Quebec City). But Cartier thought it referred to the entire region, and the name stuck!



JOKE OF THE MONTH

WHY DID THE GOLFER
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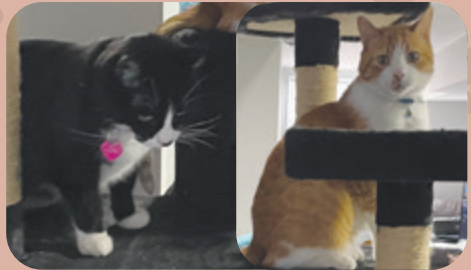
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