

JUNE 2024

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VIEW

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1:00PM to 4:00PM

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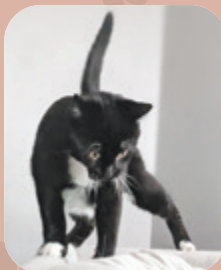


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Louie, Country Hills



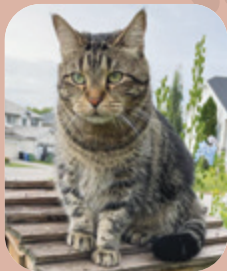
Minnie, Erlton



Morgan, Panorama Hills



Sergeant Pepper, Thorncliffe



Toby, Douglasdale



Toby, Patterson Heights

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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	Chelsea MacMillan secretary@shca.ca
Treasurer	Mandy van der Merwe treasurer@shca.ca
Fundraising	Gord Vogt fund@shca.ca
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Communications and Membership	Vacant membership@shca.ca
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Maintenance Director	Vacant
Director at Large	Kelly Hopper director1@shca.ca



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		Properties		Median Price	
		Listed	Sold	Listed	Sold
April	24	29	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
May	23	30	31	\$679,400	\$680,000

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

One Pan Chicken Fajitas

by Jennifer Puri

Originating in South and Central America, bell peppers have been cultivated for thousands of years. Available in a variety of colours: red, orange, yellow, green, and even purple, they are related to chili peppers, tomatoes, and breadfruit.

All bell peppers start out as green, but their colour and ripeness depend on the amount of time the pepper spends on the plant. Red peppers are riper, and their flavour is typically sweeter, milder, and generally easier for most people to digest. They can be eaten raw, cooked, dried, or powdered.

Bell peppers are an excellent addition to a healthy diet as they are mainly composed of water with smaller amounts of carbohydrates, protein, fiber, and fat. Rich in many vitamins, antioxidants, and carotenoids they are beneficial for eye health and reduced risk of anaemia.

Peppers can be enjoyed as a snack, in a salad, stuffed, grilled, roasted, pickled, raw, or sautéed as shown in the one pan chicken fajitas recipe below.

Prep Time: 15 minutes

Cook Time: 15 minutes

Servings: 4

Ingredients:

- 3 boneless chicken breasts
- 1 medium white onion
- 1 lime
- 3 red and yellow bell peppers
- 5 tbsp. extra virgin olive oil
- ¾ tsp. chili powder
- ½ tsp. paprika
- ½ tsp. garlic powder
- ½ tsp. cumin powder
- ¼ tsp. black pepper
- ¼ tsp. oregano
- Salt to taste

Directions:

- Slice onion and bell peppers (seeds and stems removed) into ¼ inch thick slices.
- In a small mixing bowl, combine 3 tbsp. of olive oil, juice of half a lime, chili and garlic powder, paprika, cumin, black pepper, oregano, and salt to taste. Slice chicken breasts into thin strips and add to the spice mixture.

- Add half the chicken pieces to a large non-stick frying pan or skillet and sauté over medium to high heat until cooked, about four to five minutes. Remove from pan and repeat with remaining chicken.
- Set cooked chicken aside and add 2 tbsp. of olive oil and the sliced onions to the frying pan. Sauté for two minutes then add the sliced peppers and continue sautéing until peppers are cooked and brown at the edges. Add the cooked chicken and combine with the peppers and onion until heated through.
- Serve chicken fajitas over warm tortillas with a squeeze of lime, avocado, sour cream, and pico de gallo.

Bon Appétit!



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Managing Seasonal Allergies

by Alberta Health Services

Allergies occur when your immune system overreacts in response to certain substances, mistaking harmless elements as harmful germs or viruses. Numerous triggers can cause this to happen such as pollens, medicine, food, dust, animal dander, and mould.

If your allergy symptoms occur seasonally, it's likely due to an allergy to specific pollens from trees, grasses, or weeds.

Allergies can range from mild to severe, and some over-the-counter allergy medications may alleviate certain symptoms. Remember to carefully read and follow the instructions on medication labels.

Effectively managing your allergies is key to maintaining good health. Your healthcare provider might recommend tests to pinpoint the exact cause of your allergies. Once you identify your triggers, you can take steps to avoid them, which will help prevent allergy symptoms and potential health complications.

In some cases, immunotherapy could be beneficial. This treatment involves injections or pills containing small amounts of specific allergens. Over time, your body becomes desensitized to these allergens, resulting in reduced or prevented allergic reactions.

Symptoms and Treatment of Seasonal Allergies

Seasonal allergies can happen during any season and are very common. Some symptoms include:

- Itchy, watery eyes
- Sneezing
- Runny, stuffy, or itchy nose
- Temporary loss of smell
- Headache and fatigue
- Dark circles under the eyes (“allergic shiners”)
- Drainage from the nose down the back of the throat (post-nasal drip)
- Sore throat, coughing, or snoring

Home treatments are usually all you need to treat seasonal allergies, depending on your symptoms. Medicines you can try for a stuffy nose include steroid nasal sprays, which can also help with red, itchy, watery eyes.

Other treatments include:

- Clean the inside of your nose with salt water to provide relief of a stuffy nose.
- Use a humidifier in the bedroom and take hot showers to help clear a stuffy nose. Follow the directions for cleaning the humidifier.
- If your nose is red and raw from rubbing, put petroleum jelly on the sore area.
- Use over-the-counter allergy medicine to help your symptoms. Use a nasal or oral decongestant (such as Drixoral) to relieve a stuffy nose. For itchy, watery eyes; sneezing; or a runny, itchy nose, try a non-sedating over-the-counter antihistamine, like fexofenadine (such as Allegra) or loratadine (such as Claritin). To help relieve pain, try acetaminophen or ibuprofen.

Preventing Seasonal Allergies

You can reduce your exposure to pollen and other allergens that cause seasonal allergies by:

- Keeping your house and car windows closed.
- Checking the Air Quality Health Index before you go outside.
- Limiting the time you spend outside when pollen counts are high (during midday and afternoon).
- Wearing a pollen mask or dust mask if you need to mow the lawn.
- Limiting your mowing tasks if you can.
- Rinsing your eyes with cool water or saline eyedrops to remove clinging pollen after you come indoors.
- Taking a shower and changing your clothes after you work or play outside.





Stargazing with Pat J: Why Pluto Got Downgraded to a Dwarf Planet

by Patricia Jeffery © 2024, Calgary Centre of the Royal Astronomical Society of Canada

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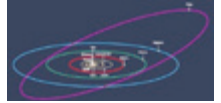


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Upon its discovery in 1930, Pluto was immediately proclaimed the ninth planet in our solar system. Astronomers however were always puzzled by its minuscule size (much smaller than Mercury) and a bizarre orbit that overlapped with Neptune's.



To qualify as a planet, an object must: 1) orbit the Sun, 2) have enough mass and gravity to be circular in shape, 3) possess enough gravitational force to clear its orbit of other objects. As Pluto's orbit is littered with asteroids and other space debris, it failed to meet the last criterion.

After four similar sized objects were detected in the 1990s, Pluto was demoted to dwarf planet status in 2006.

Facts About Pluto:

- Named for the Roman god of the underworld, not a cartoon dog.
- If our Sun is the goal post of a CFL football field, Earth is on the two-yard line; Pluto on the opposing team's 31-yard line.
- Located far beyond Neptune in an area known as the Kuiper belt.
- 170 Plutos could fit inside Earth.
- Lying almost on its side, it rotates backwards on its axis every six days; thus, the Sun rises in the west and sets in the east.
- An egg-shaped orbit tilted 17 degrees which passes inside Neptune's orbit for 20 of the 248 years it takes to circle the Sun.
- Average temperature: -232 C.
- Sunlight takes 5.5 hours to get there.
- No rings but has five moons, Charon, the largest, is over half the size of Pluto.
- A NASA probe did a fly-by in 2015. Photos revealed a thin atmosphere and a surface pockmarked with craters, but also glaciers, mountains, valleys, and a massive heart-shaped plain; all composed of frozen nitrogen, methane, and carbon monoxide.

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Root Beer

This classic beverage we all know, and love was invented in North America, and was traditionally made with sassafras root. You can find recipes for the drink in recipe books dating from as far back as the 1860s. This tasty drink's popularity skyrocketed during the prohibition and continues to be a popular choice today.

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Councillor, Ward 6
Richard Pootmans

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📷 @richardpootmans9



MLA Calgary - West
Mike Ellis

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Calgary, AB T3H 0N6
☎ 403.216.5439
✉ calgary.west@assembly.ab.ca

Hello, Ward 6,

Seniors’ Week is celebrated annually across Alberta and this year it will be held from June 3 to June 9. It is a time to show appreciation for older adults and the significant contributions they make to our communities. They support their families and friends, volunteer their time and resources to various charities, and play an essential role in making our communities better places to live.

Get involved! Whether or not you choose to attend a Seniors’ Week event, Age-Friendly Calgary encourages you to celebrate aging in your own way. Help spread Seniors’ Week awareness with the social media hashtags #seniorsweek and #agefriendlyyc.

Seniors’ Week events and updates will be posted at calgary.ca/seniorsweek.

Another celebratory event happening just around the corner is Canada Day. This City of Calgary event is free and family-friendly, featuring Indigenous and cultural performances, live music, activities, art, and more.

Canada Day is for everyone. It’s a time to honour the rich traditions of Indigenous history and culture and welcome those who have moved here from all over the world. We can all be proud to live in a great city and country where people from all walks of life unite on Canada Day to celebrate culture and community.

We want Canada Day celebrations to reflect the many different interests and backgrounds of Calgarians. Whether you attend often or haven’t attended for a while, this is your opportunity to tell us what’s important to you on Canada Day and what an ideal downtown event looks like.

Have your say at calgary.ca/CanadaDaySurvey. The deadline to provide input is July 4, 2024. Feedback collected will be used to shape future Canada Day celebrations in Calgary.

Regards,

Councillor Richard Pootmans

Over the past six months, Alberta generated 90% of all new private sector jobs in Canada. The BMO and Desjardins have noted that Alberta is one of the only two provinces that managed to keep the budget balanced this year. Desjardins hailed Alberta as a fiscal star among the provinces. Scotiabank is projecting that Alberta will lead Canada in economic growth again this year.

De Havilland Canada has moved its head office from Toronto to Calgary. Their airplane manufacturing plant in Wheatland County is expected to create 1,500 jobs. To date, they have hired 750 employees, with plans to add 300 to 400 employees by year-end.

Imperial Oil is constructing Canada’s largest renewable diesel facility at its Strathcona Refinery — a \$720 million investment that is creating 600 local construction jobs.

Mondi Group is expanding in Hinton, with a significant investment in pulp and paper, adding 120 jobs.

In total, there are 322 major projects under construction in Alberta, with nearly \$82.7 billion being poured into our economy.

Every Albertan deserves the opportunity to access treatment and pursue recovery from mental health challenges and addiction. As part of the health care refocusing, the Alberta government is creating Recovery Alberta, a new mental health and addiction organization. Recovery Alberta is the result of the work that has been done over the past five years to build the Alberta Recovery Model, which provides a full continuum of addiction and mental health services, including prevention, intervention, treatment, and recovery.

Mental health and addiction services currently delivered by AHS will be delivered under Recovery Alberta, while focusing on delivering more patient-centered care to Albertans.

The provincial government is introducing the Canadian Centre of Recovery Excellence (CoRE) to support the Alberta Recovery Model. Alberta leads the country in recovery-oriented care. CoRE supports this with research and exploration of best practices from around the globe.

Enjoy the beginning of the summer months!

Mike Ellis MLA, Calgary-West

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Property Tax is Due Friday, June 28, Pay or Join TIPP by Then to Avoid Late Payment Penalties

by the City of Calgary

Your property tax must be paid by Friday, June 28 to avoid late payment penalties. The City's Tax Instalment Payment Plan (TIPP) is the most popular payment method. You pay the same amount as your annual property tax bill, but instead of one large lump sum payment in June, you pay smaller monthly instalments.

This makes budgeting easier, and you reduce the risk of late payment penalties. Signing up for TIPP is easy and you don't need to re-apply each year. There is no filing fee or initial payment required.

The easiest and fastest way to join TIPP is using TIPP Online. It's easy, safe, and secure. Through TIPP online, your customized agreement will be processed



automatically. Once you submit, you will receive an email confirming your enrolment. To access TIPP Online, go to calgary.ca/TIPP and click on the Join TIPP box.

You can also request a TIPP agreement by calling 3-1-1. If calling from outside Calgary dial 403-268-2489.

Plan enrolment must be completed by the due date shown on your tax bill to avoid a late payment penalty.

If you're already on TIPP, you can visit calgary.ca/TIPP to learn how your monthly TIPP instalments are calculated and adjusted.



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