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		Listed	Sold	Listed	Sold
February	25	23	15	\$550,000	\$530,000
January	25	22	11	\$485,000	\$485,000
December	24	5	9	\$475,000	\$475,000
November	24	12	19	\$699,900	\$808,888
October	24	25	20	\$481,350	\$480,500
September	24	32	22	\$497,400	\$523,500
August	24	19	20	\$479,900	\$473,950
July	24	27	20	\$806,500	\$829,250
June	24	23	21	\$550,000	\$545,000
May	24	27	24	\$464,450	\$487,500
April	24	26	20	\$592,400	\$587,500
March	24	13	17	\$779,900	\$810,000

To view more detailed information that comprise the above  
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**SCAN HERE TO VIEW ADDITIONAL SIGNAL HILL CONTENT**

**News, Events,  
& More**



**Crime  
Statistics**



**Real Estate  
Statistics**



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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	Brad Volk secretary@shca.ca
Treasurer	Rachelle Karski 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
Development	John Lamacchia development@shca.ca
Property and Facilities	Terry McGuire maintenance@shca.ca
Maintenance Director	Vacant
Director at Large	Kelly Hopper director1@shca.ca

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Joke of the Month



Dressed Up

What does a house wear?  
Address.



## PRESIDENT'S MESSAGE

Nirvana! That's what I feel as we have just added Brad Volk as our Secretary for the Association. It's always a pleasure to see people reaching out to give to the community where they live.



In that same vein, we are approaching volunteer appreciation days on the event calendar for communities. We will acknowledge our volunteers who work very hard on our behalf just a little bit earlier than what the calendars sets out for International Volunteer Appreciation Week. Our event is on April 3. Both our casino volunteers mentioned in the last issue and our rink volunteers that we will list at the end of this season, joined current and past board members at Lennox where we shared stories, good food, and beverages to recognize the hard work accomplished by many hands. Our volunteers are invaluable to accomplishing our events, social programs, and other activities carried out by your Association.

Final arrangements are in the works for other events, for example, we will also be hosting an easter egg hunt this month. Details are still being finalized with our community partners so check the website for date, time, and location information. We are tentatively planning for April 13. Other events are traditional offerings for you with Cleanup Day in May, and the Parade of Garage Sales. We are planning a Neighbour Day event, and we hope many of our friends and neighbours will join us for that. All these events are listed on our website, which will also reflect any changes that we need to make (i.e. venue and/or weather; times; etc.).

Last month I thanked The Manor Village at Signature Park for allowing us to use their boardroom for our February meeting. They are continuing to allow us to use this fine space until we recess in July. We thank you for welcoming us so warmly.

With so many ways to contact us, I hope we can be of some help with community matters. Here's how you can reach me:

- Email: [president@shca.ca](mailto:president@shca.ca) or [info@shca.ca](mailto:info@shca.ca)
- Facebook: <https://www.facebook.com/profile.php?id=61570346871697>
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*Ronald Waters*

President

Signal Hill Community Association





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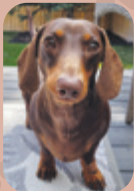
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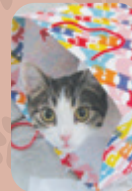
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Max, Woodlands



Peanut, Signal Hill



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			8		2	3		7
7			1		6			2
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## Bicycle Helmet Safety

by Alberta Health Services EMS

Most injuries occur when a cyclist suffers a fall, strikes a stationary object, or collides with another cyclist or pedestrian. It is the law in Alberta that cyclists under the age of 18 must wear a helmet (and 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.



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## Zucchini Spears with Zesty Tomato Sauce

by Jennifer Puri

Zucchini is a green, oblong squash that is typically served in savoury dishes. It has a mild taste and the smaller to medium-sized zucchinis have the best flavour.

Low in calories but high in fibre, zucchini contains more potassium than a banana. Loaded with vitamins, minerals, and antioxidants, zucchini is good for the digestive system and eye health.

Zucchini can be eaten raw in a salad or with a dip, but it can also be steamed, sautéed, added to breads, muffins, and pancakes, stuffed with rice and meats, or spiralized into zucchini noodles.

Baked zucchini with herbs and parmesan cheese is a quick and easy side dish, as shown in the zucchini spears with zesty tomato sauce recipe below.

**Prep Time:** 20 minutes

**Cook Time:** 15 minutes

**Servings:** 4

### Ingredients:

- 4 medium-sized zucchinis
- 2 tbsp. olive oil
- 2 tbsp. fresh oregano
- 1 cup finely crushed breadcrumbs
- 1 cup shaved or grated parmesan cheese
- ½ tsp. salt
- ½ tsp. ground black pepper
- 1 tsp. red chilli flakes (optional)

### Tomato Sauce

- 1 small can (398 ml) tomato sauce
- 2 cloves garlic, finely chopped
- 8 cherry tomatoes halved
- 2 tbsp. olive oil
- 2 tbsp. oregano
- 1 tsp. sugar
- Salt and pepper to taste

### Directions:

1. Preheat oven to 450 degrees Fahrenheit.
2. Rinse the zucchini and pat dry with a paper towel. Place the zucchini on a cutting board, trim the ends off, and then slice into four pieces lengthwise.



3. Place the zucchini spears on a foil-lined baking sheet, drizzle with olive oil, and then sprinkle with salt, pepper, and oregano. Next sprinkle the breadcrumbs evenly over the zucchini followed by the parmesan cheese and red chilli flakes if using.
4. Place the zucchini on the middle rack of the oven and bake for 12 minutes uncovered. Make sure not to overcook the zucchini as it will turn mushy.
5. To make the tomato sauce add olive oil to a small pan over medium heat. Add the chopped garlic and sauté for about a minute, then add the cherry tomatoes and oregano. Sauté for another couple of minutes and then add the tomato sauce, salt, pepper, and the sugar. Simmer until the sauce starts to thicken and then remove from heat.

To serve, place the zucchini spears on a platter and pour some of the tomato sauce over it. Leftover tomato sauce can be stored in the fridge in an airtight container for a couple of days.

Bon Appétit!

# Vaping and Youth

by Alberta Health Services



Vapes or e-cigarettes are one of the most popular ways of consuming substances such as nicotine, cannabis, or chemical flavouring among youth. This trend has spiked over the years due to marketing around it being “safer” than cigarettes. What we do know is that any use of vaping can cause harm.

There is still a lot more information needed but below is what we do know when addressing vaping among youth.

### Educate Yourself and Others

You do not have to be an expert on the topic but it’s important to understand the basics and have access to knowledge on the facts and where to access supports and resources.

### Educate Children and Youth

We want schools and natural supports to teach and implement lesson plans as soon as possible. At home we want to share the facts, have open conversations about safety, and support healthy choices. There are free lesson plans and information for different age ranges so you can have the conversations in ways that make sense to them!

### Focus on Prevention

To help reduce rates of use among youth we need to implement effective prevention strategies that teach life skills, involves young people that are led by young people, and connect youth to the community. This helps strengthen core social competencies such as problem solving, decision making, and critical thinking.

Have open conversations about vaping with the young people in your life. This will help build relationships and trust so if there are questions, you are the person they will lean towards!

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A photograph of a woman, Bryndis Whitson, wearing a pink jacket and a black top, standing outdoors. To her right is a graphic with the text: "Be BOLD Beyond", a red circle with a white 'L' and a maple leaf, "Bryndis Whitson", "FOR CALGARY SIGNAL HILL", "Supply Chain Connector", "Community Problem-Solver", "The Canadian you need", a QR code, "www.bryndis.ca", "bryndis@bryndis.ca", and "Authorized by the Official Agent for Bryndis Whitson".

A logo for "The Gutter Doctor" featuring a cartoon character with a wrench and a hammer. The text reads: "The Gutter Doctor", "403-714-0711", "gutterdoctor.ca", "Home exterior services. We do eavestrough cleaning, repairs, &amp; installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, heat cables, power washing &amp; window cleaning. Local business for over 20 years with more than 60,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty!"



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## GAMES & PUZZLES

### Guess the Flower!

1. This flower's colour depends on the acidity of the soil.
2. Named after the Greek messenger of the gods, this flower comes in nearly all colours of the rainbow except red.
3. Despite misconceptions, this spring-blooming bulbous plant is not officially the Dutch national flower.
4. This prickly pink plant became Alberta's floral emblem in 1930.
5. The national flower of South Africa belongs to one of the oldest families of flowering plants on Earth – approximately 300 million years!
6. This flower's Greek name, Galanthus, translates to "milk flower".



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# 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.

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