Signal Hill

THE OFFICIAL SIGNAL HILL COMMUNITY NEWSLETTER



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SIGNAL HILL COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
June 2	25	32	28	\$754,450	\$760,000
May 2	25	33	25	\$569,900	\$630,000
April 2	25	28	24	\$794,450	\$789,500
March 2	25	36	31	\$465,000	\$472,000
February 2	25	23	15	\$550,000	\$530,000
January 2	25	19	11	\$485,000	\$485,000
December 2	24	4	9	\$475,000	\$475,000
November 2	24	12	19	\$699,900	\$808,888
October 2	24	25	20	\$481,350	\$480,500
September 2	24	32	22	\$497,400	\$523,500
August 2	24	19	20	\$479,900	\$473,950
July 2	24	27	20	\$806,500	\$829,250

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

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SCAN HERE TO VIEW ADDITIONAL SIGNAL HILL CONTENT









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Director at Large	Vacant director1@shca.ca		

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PRESIDENT'S MESSAGE



We started June's message with a summary of events that was hosted by the Association. Not to be forgotten was June's Neighbour Day. Thank you, Safeway, as one of our key sponsors (food). Did you like the bouncy castle? Photobooth? Petting zoo?

Our Engagement Committee wants to make this the 'signature' event? Did we miss something that would ensure you would be there? Of course, this is summer and many have travelling commitments, so can not attend even if they wanted to! I was in Red Deer on Neighbour Day, but that is another story.

In June we had the last meeting of the Board of Directors prior to summer recess. All these persons who serve on the board pour their hearts and souls into improving our life experiences within our community. Nobody pays them, and yet they work hard in meetings and at events because they want to give back to their neighbours – you and me. There are eight of them, trying to "engage with residents and businesses to improve the quality of community life".

We mentioned in a previous article that Chelsea has left the board; Brad Volk has also had to step away from the board. That leaves at least four board positions open for the beginning of September. Is it time for you to give back to your community? Our board has a healthy mix of those who have served for many years...even decades; coupled with those who joined the board just a few months ago. All have different reasons for joining the Association's board. Perhaps it's your turn.

As always, we are here for you during summer recess. If there are concerns or opportunities that you think would benefit from our community lens, please let us know.

One song has a lyric, "The lazy, hazy days of summer." Let's hope it's not too much the smoky days of summer. While we ended our season with Neighbour Day, there is so much more right here in Calgary. Summer festivals and much more. Enjoy your summer, if you are traveling – Bon Voyage! Come back refreshed with some wonderful stories to share.

Presently, Signal Hill has no Councillor. That will change in the fall. We now have a new Member of Parliament, David McKenzie. I've met David prior to his election win. But we will meet again now that he is our Member of Parliament. A word to the outgoing MP Ron Liepert: Ron has represented this community with honour and determination. He has earned a respected place in the annals of history for this country and province. We didn't always see matters the same way, nonetheless there was always a level of respect and a willingness to explore how the federal government can have a positive impact at the community level.

As a board, we are now in recess, but I will be attending several events both in the community and in Calgary. I hope we can meet, please say hi. With so many ways to contact us, I hope we can be of help with community matters.

Here's how you can reach me:

- President@shca.ca or info@shca.ca
- https://www.facebook.com/profile. php?id=61570346871697
- https://www.instagram.com/shca.yyc/



Curried Shrimp and Mixed Greens Salad

by Jennifer Puri



Food from the sea; shrimp have been a popular food source for a very long time. Shrimp are usually smaller than prawns but are similar in taste and texture.

Quick and easy to cook, shrimp can be found in just about every cuisine and are a popular ingredient in appetizers, salads, soups, pastas, and curries.

Shrimp are also recognized for their nutritional value and are a good source of protein, zinc, iron, vitamin B12, Omega 3, and selenium. They are low in calories, fat, and carbohydrates, and are a healthy food source that can fit well into a balanced diet.

Shrimp are lean and high in protein and can be poached, broiled, sautéed, or grilled. A flavourful curry dressing with shrimp like the one in the curried shrimp and mixed greens salad, also makes a delightful appetizer.

Prep Time: 15 minutes

Cook Time: 0 Servings: 4

Ingredients:

- 1 lb. cooked shrimp (peeled and tails removed)
- ½ cup mayonnaise
- 1/2 tsp. curry powder
- ⅓ cup Greek yoghurt

- 1 green onion, finely sliced
- 1 celery rib, finely chopped
- ¼ tsp. coarsely ground black pepper
- 2 tbsp. chopped coriander leaves
- 150 gm mixed greens

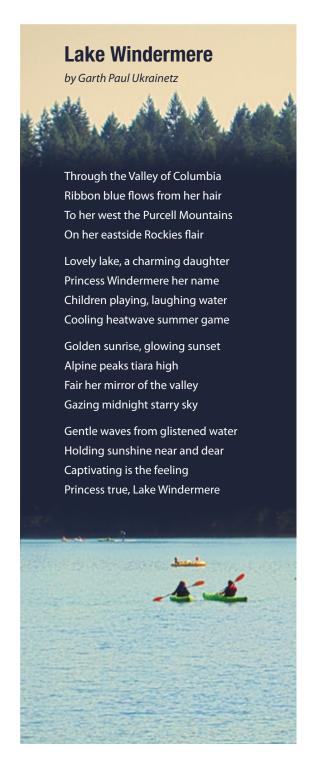
Direction:

- In a small bowl, blend the mayonnaise, curry powder, Greek yoghurt, celery, green onion, and black pepper.
- Next, add the cooked shrimp and coriander leaves and gently mix together. Cover and place in the refrigerator for at least an hour before serving.
- To serve, divide the mixed greens between four salad bowls. Place the shrimp salad on top and garnish with fresh strawberries, melon, or papaya slices if desired.
- Curried shrimp salad can be served with crackers, on a bun, or wrapped in lettuce leaves.

Bon Appétit!







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YOUR CITY OF CALGARY

What Really Happens to Your Green Cart Waste?

by The City of Calgary Waste and Recycling Services



Food and yard waste collected through the Green Cart program is turned into nutrient-rich compost for use by farmers, gardeners, and landscapers.

If you don't separate your food scraps from your garbage it will end up buried in the landfill where it doesn't break down or turn into soil.

Separating your food scraps in your green bin makes a big difference.

Follow these tips for separating food scraps and using your green cart:

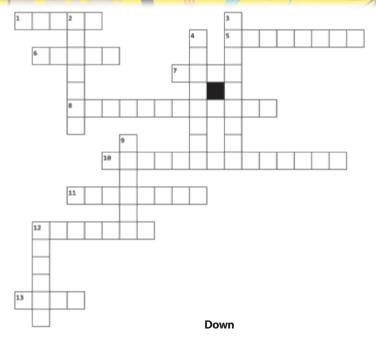
- Remove food from its packaging before putting it in your green cart.
- Use a kitchen pail or reuse any container with a lid (like an ice cream bucket) to store food scraps until you throw them in your green cart.
- You can control odours and keep your cart clean by using a certified compostable bag, paper bag, or newspaper liner in your kitchen pail.
- Use a small amount of baking soda in your kitchen pail to prevent odours.

Check calgary.ca/foodscraps for more tips to make your green bin a winner!





August Crossword



Across

- 1. This classic Disney film about a young deer premiered in August 1942.
- Canadian astronaut, Chris ______, was born in Sarnia, Ontario on August 29, 1959.
- 6. Canadian American actor Patrick J. Adams was born on August 27, 1981, in Toronto and is best known for his role as Mike Ross in this legal drama series.
- 7. The Wizard of Oz premiered on August 15, 1939, and was based upon the book written by Lyman Frank
- 8. English navigator John Rut sent the first known letter from North America in August 1527 while anchored at St. John's, ______.
- In August 1837, pharmacists John Lea and William Perrins started production of this condiment containing soy sauce and vinegar.
- 11. People born in August are lucky to have three birthstones to choose from: peridot, spinel, and ______.
- 12. The _____ Chapel in Vatican City was consecrated by Pope Sixtus IV on August 9, 1483.
- 13. International _____ Handers Day is observed annually on August 13.

- 2. In August 2008, the _____ Summer Olympics became one of the most watched television events in history with approximately 4.7 billion viewers.
- 3. On August 4, 1693, it is believed that Dom Pérignon invented this sparkling wine.
- 9. Usain Bolt won the 200m at this Olympic Games on August 9, 2012, becoming the first man to win both the 100m and 200m at two consecutive Olympics.
- Inventor Isaac _____ was granted a patent for his eponymous sewing machine on August 12, 1851, revolutionizing garment production.





MLA Calgary - West Mike Ellis 234 – 333 Aspen Glen Landing SW Calgary, AB T3H 0N6

403.216.5439

□ calgary.west@assembly.ab.ca

Hopefully, you and your family have been enjoying the summer season and are creating special memories.

As your MLA, I have advocated on your behalf about concerns you have expressed to me during the building process of the West Calgary Ring Road (WCRR).

Post completion of this project, Calgary-West residents have raised concerns regarding the noise level from the road traffic on the West Calgary Ring Road. Through my advocacy with Transportation and Economic Corridors (TEC), TEC has heard the constituents of Calgary-West's concerns loud and clear regarding the noise level from the traffic on the WCRR.

I bring the following updates to your attention:

Transportation and Economic Corridors (TEC) has engaged a consultant to commence design of a noise attention wall.

TEC intends to construct the noise attention wall; however, TEC is waiting for the details of the scope of the design, cost, and timeframe for completion.

Once the design of the noise attention wall is complete, TEC will prepare a budget request to Treasury Board and Finance (TBF) for approval. Without TBF's approval, construction cannot proceed.

Minister Dreeshen's office will continue to respond to concerned residents as they wait for the proposal/results. Contact 780-427-2080 or transportation. minister@qov.ab.ca.

Phase 1 of the Green Line Light Rail Transit (LRT)

After more than a decade of planning, a major milestone for public transit in Calgary was reached with the official groundbreaking for the SE Segment and kick-off for Phase 1 of the Green Line Light Rail Transit (LRT).

This is Calgary's largest-ever infrastructure investment, with \$6.248 billion in funding from The City of Calgary, Government of Alberta, and Government of Canada.

www.calgary.ca/green-line.html?apg=1

Mike Ellis MLA, Calgary-West

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Catholic Cemetery Memorial Mass

Please join us for our annual Mass, celebrated by Bishop William T. McGrattan of the Roman Catholic Diocese of Calgary, in our chapel.

Thursday, August 21, 2025 • 7:00 pm • All welcome • Light refreshments to follow

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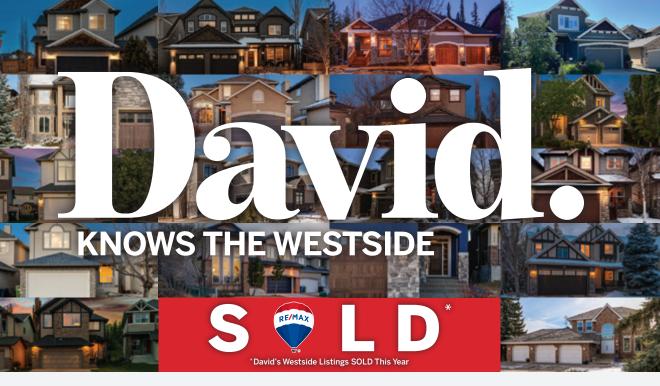
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