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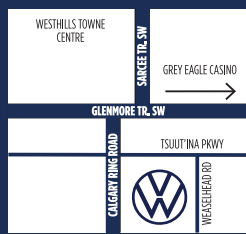


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**SCAN HERE TO VIEW ADDITIONAL
SIGNAL HILL CONTENT**

**News, Events,
& More**



**Crime
Statistics**



**Real Estate
Statistics**



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PRESIDENT'S MESSAGE

It's been a busy time since my last message!

Our Association hosted our first ever Easter

Egg Hunt; we honoured our volunteers at a volunteer event; and don't forget the popular Parade of Garage Sales. In a similar vein we had a map that you could use as well as tables and booths at the rink. Just as May was closing, with the combined support of neighbouring communities, we hosted a community cleanup event. Add to that the federal election, and you get the sense of a busy spring. Thanks to all those who participated by attending these events. We especially appreciated the appearance of the Easter Bunny, as well as the dedicated efforts of those who volunteered to make all these events so successful. For the Easter Egg Hunt, we especially appreciated the involvement of the stores in the mall who provided items for the hunt.

One more event for this half of the year is upon us this month. Will you join us on June 21 between 12:00 and 4:00 pm for our Neighbour Day event? Lots of activities are planned for this event. It's an excellent way for you and your family to get acquainted with other families and make new friends.

The mastermind behind much of these events is our Social Director, Chelsea MacMillan. Chelsea joined the Board of Directors and initially served as the Board Secretary. When the opportunity came up, she immediately took on the role of Social Director. Her organizational skills are excellent, and now she can be creative as well! However, she has had a change of activity with her work. Coupled with her family that has two very active kids, she has had to resign from the board. We will miss her dearly, as she has been a major force on this board. Chelsea will still be organizing and attending the Neighbour Day event, so please take the

opportunity to thank her for her efforts on behalf of the community.

That will mean that there will be an opportunity to join our board. While there might be some internal adjustments to accommodate board needs, there is still room for others to join in this satisfying volunteer work. We have openings for the following positions: Membership Director, Volunteer Director, Communications Director, and Maintenance Director. There are two Liaison positions currently open as well (Police and Traffic). Or you can tailor your volunteer experience by supporting the activities of both the Community Life and Engagement Committees. There are lots of ways that you can get involved.

Back in April, you might have noticed that I was AWOL. That's because I was involved rather heavily in the federal election. Seamlessly, our Vice-President Rob Leong stepped in and handled matters until I was free to focus on community needs. Thank you, Rob for tirelessly working on behalf of myself and the Association.

I want to say thank you to The Manor Village at Signature Park for allowing us to use their boardroom for our February meeting. They are allowing 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 or info@shca.ca

Facebook: <https://www.facebook.com/profile.php?id=61570346871697>

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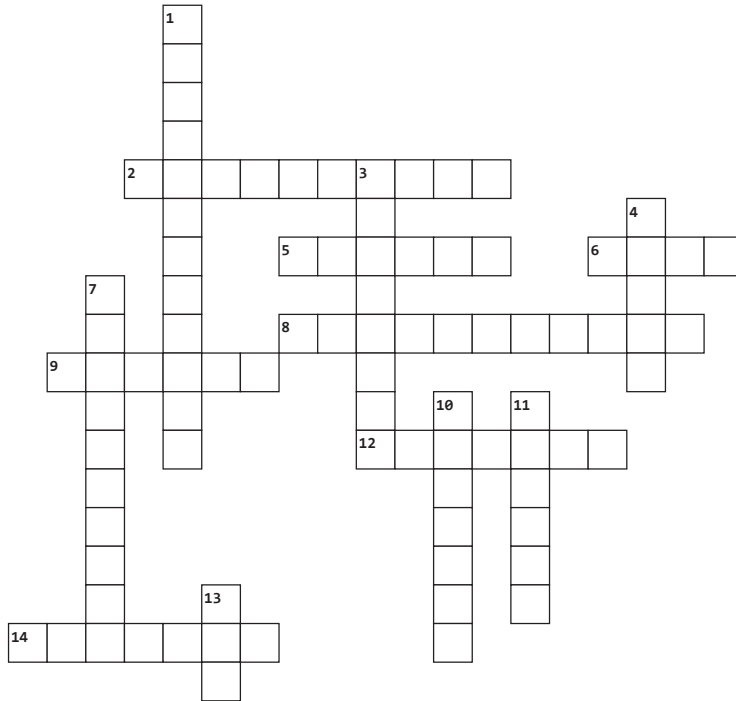
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June Crossword



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Across

2. The harvest season for this juicy, red fruit typically starts in mid-June in Canada.
5. This solstice occurs in June in the Northern Hemisphere.
6. On June 21, 1970, _____ made history by becoming the first player to win the FIFA World Cup three times.
8. Along with the rose, this fragrant plant, popular with bees and hummingbirds, is the birth flower for June.
9. The dystopian novel *Nineteen Eighty-Four* by George _____ was first published on June 8, 1949.
12. Charles Blondin crossed _____ Falls on a tightrope on June 30, 1859.
14. On June 23 in the year 930 the world's oldest parliament was established in this Nordic Island nation.

Down

1. Canadian actor Dan Aykroyd starred in this spooky comedy which premiered in June 1984.
3. Known for his role as Marty McFly in *Back to the Future*, Michael J. Fox was born in _____, Alberta on June 9, 1961.
4. Hockey Hall of Fame inductee, Cam _____, was born on June 6, 1965, in Comox, BC.
7. Famous for songs such as "Ironie" and "Hand in My Pocket", Alanis _____ celebrates her birthday on June 1.
10. Avril _____'s debut album *Let Go* was released on June 4, 2002.
11. This superhero movie, directed by Tim Burton, premiered in June 1989.
13. The first broadcast of this 24-hour news channel occurred on June 1, 1980.

Roasted Chickpea Salad

by Jennifer Puri

Chickpeas are often considered a superfood due to their high nutritional value and have been enjoyed by humans for over ten thousand years.

Grown in over fifty countries, chickpeas are a type of legume and in the same family as peanuts and kidney beans.

The high plant-based protein and fiber of chickpeas may also promote healthy ageing and assist in retaining our skin's elasticity and firmness.

Roasted chickpea salad is delicious on its own or can be served with pita bread or as a side salad.

Prep Time: 30 minutes

Cook Time: 30 minutes

Servings: 4

Ingredients:

- 1 540 ml can of chickpeas
- 2 tbsp. olive oil
- 1 tsp. paprika or hot pepper sauce
- 1 tsp. salt
- ½ tsp. ground black pepper
- 4 cups of chopped head lettuce
- 4 cups of cooked quinoa
- 1 cup Kalamata olives
- 1 cup sliced radishes
- 1 cup cucumber chopped
- 1 cup chopped tomatoes
- 1 small container of store-bought red pepper hummus

Dressing:

- ¼ cup extra virgin olive oil
- ¼ cup almond butter
- 3 tbsp. fresh squeezed lemon juice
- 2 tsp. Dijon mustard
- 2 tsp. maple syrup
- ½ tsp. salt
- ½ tsp. coarsely ground black pepper
- 5 to 6 tbsp. cold water

Directions:

- Preheat oven to 450 degrees Fahrenheit.
- Rinse, drain, and pat dry the chickpeas and place in a small bowl, then combine with the olive oil, salt, black pepper, and paprika or hot pepper sauce.
- Spread chickpeas on a foil lined baking tray and bake in the oven for about 25 to 30 minutes until brown and crisp. Remove from the oven and allow to cool.
- In a screw top jar place the olive oil, salt, pepper, Dijon mustard, lemon juice, and maple syrup, and shake until combined. Next add the almond butter and 5 to 6 tbsp. of cold water and stir until you get a smooth consistency.
- To serve divide the quinoa among the bowls and top with lettuce, olives, radish, tomatoes, cucumber, roasted chickpeas, red pepper hummus, and some dressing. Serve with pita bread if desired.

Bon Appétit!







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January	25	19	11	\$485,000	\$485,000
December	24	4	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

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

Stop Apologizing Already

by Nancy Bergeron, R.Psych. | info@nancybergeron.ca

This is something that really took me some time and awareness to change. Maybe it's because I'm Canadian...sorry?! Over-apologizing can be rooted in people-pleasing, a fear of conflict, feeling like you're a burden, or that you don't have a place to express yourself freely. The good news is you can unlearn it by becoming more aware of when you say "sorry" and replacing it with more confident or accurate expressions.

Here's how to start:

1. Notice Your Patterns

Start paying attention to when you say "sorry." Is it when you:

- Ask a question?
- Express a need?
- Walk past someone?
- Take up space?

Awareness is the first step.

2. Swap "Sorry" for More Empowering Phrases

a). When you're late

Instead of: "Sorry I'm late."

Try: "Thanks for your patience." or "I appreciate you waiting for me."

b). When you didn't respond right away

Instead of: "Sorry I didn't get back to you."

Try: "Thanks for your patience while I got back to you." or "I appreciate your patience."

c). When you need something

Instead of: "Sorry to bother you, but..."

Try: "Do you have a moment?" or "Can I ask you something?" or "Are you free for a consult?"

d). When you accidentally bump into someone

Instead of: "Sorry!"

Try: "Excuse me." or "Pardon me."

e). When you disagree

Instead of: "Sorry, but I think..."



Try: "I see it differently." or "Here's another perspective..." or just be curious and ask for more information on the topic.

f). When you're expressing emotion

Instead of: "Sorry I'm crying." or "I'm sorry I'm so angry."

Try: "Thanks for being here while I process this." or "I'm feeling a lot right now." or "Wow, this is overwhelming."

3. Use Apologies Intentionally

Apologize when you genuinely hurt someone or made a mistake. That keeps apologies meaningful. For everything else, aim for assertiveness and gratitude.



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