## JULY 2025

## **DELIVERED MONTHLY TO 6,000 HOUSEHOLDS**







403-869-7971 | david@davidpellettier.ca | davidpellettier.ca

Neighbour Realtor<sup>®</sup> **David**Pellettier

shca.ca

Great News Media I Call 403-720-0762 for advertising opportunities I www.greatnewsmedia.c





# YOUR HOME SOLD GUARANTEED!\*

Call to find out more about our Innovative Consumer Programs

Virtual Tours Guaranteed Sale Program\* Trade Up Program\* Blanket Home Warranty Program\* Accepting Crypto Currency

Call us to help you navigate through the changing real estate world

## Call or Text 403-606-8888 Email len@lentwong.com

\*Guarantee is being offered by Greater Property Group. Terms and Conditions Apply.

## SIGNAL HILL COMMUNITY REAL ESTATE ACTIVITY

	Prop	erties	Median Price		
	Listed	Sold	Listed	Sold	
May 2	36	25	\$569,900	\$630,000	
April 2	30	24	\$794,450	\$789,500	
March 2	37	31	\$465,000	\$472,000	
February 2	23	15	\$550,000	\$530,000	
January 2	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	

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





AMVIC LICENSEE. OFFERS EXCLUDE GST. AD MUST BE PRESENTED PRIOR TO REDEMPTION OF CAR WASH AND 20% OFF SERVICES. OIL CHANGE OFFER SUBJECT TO CONDITIONS. SEE DEALER FOR FULL DETAILS. OFFERS END 06/30/25.





403-837-4023 info@officialplumbingheating.ca official-plumbing-heating.ca



## CONTENTS

- 6 CA BOARD CONTACT LIST
- 7 POEM BY GARTH PAUL UKRAINETZ
- 9 JULY CROSSWORD
- 10 RECIPE: BBQ BEEF PATTIES ON BUNS
- 11 SAFE AND SOUND: HEAT RELATED ILLNESS
- 12 BUSINESS CLASSIFIEDS











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

News, Events, & More







**Disclaimer:** The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

Great News Media and the Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.



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	Chelsea MacMillan social@shca.ca			
Communications and Membership	Vacant membership@shca.ca			
Technical	Curtis Lesperance web@shca.ca			
Business Liaison	Aroop Rayu business@shca.ca			
Development	John Lamacchia development@shca.ca			
Property and Facilities	Terry McGuire maintenance@shca.ca			
Maintenance Director	Vacant			
Director at Large	Vacant director1@shca.ca			

### LANDSCAPING SPECIALISTS



FOR A FREE ESTIMATE ON LANDSCAPING CALL SHAWN 403.651.0424 ASFCONTRACTING1@GMAIL.COM WWW.ASFCONTRACTING.COM

COMMERCIAL/RESIDENTIAL LAWN MAINTENANCE • PAVING Stone • Sod • Retaining wall install • Fences • Decks

# RESIDENT PERSPECTIVES Staying Safe This Summer

by Chima Akuchie



Hello neighbours,

Summer is finally here—and with it comes longer days, park strolls, BBQs, and plenty of sunshine! But as we enjoy this beautiful season together, it's also a great time to think about how we can keep each other safe, especially our kids and seniors.

#### Stay Cool, Stay Hydrated

Whether you're gardening, heading to the splash park with the little ones, or simply enjoying a walk, remember to drink water often. Calgary's dry heat can sneak up on us quickly! Keep reusable water bottles handy and wear light, breathable clothing.

#### Look Out for Our Elders and Young Ones

Hot weather and busy sidewalks can be tough on seniors and children. Let's check in on elderly neighbours and keep an eye out for kids biking or playing near roads. A friendly wave or offer to help can go a long way.

#### **Road Safety Matters**

More people are out walking, biking, and rolling, so please slow down in residential zones, and remind young ones to use crosswalks and wear helmets.

#### Fire Safety and BBQs

Backyard fires and cookouts are a summer staple but always be sure to follow city fire bans and keep water nearby. Never leave a fire unattended, and doublecheck your BBQ is turned off properly.

This season is a time for joy, connection, and community. Let's look out for one another and make this summer not just fun but safe for everyone.

See you around the neighbourhood!

## **Bow River**

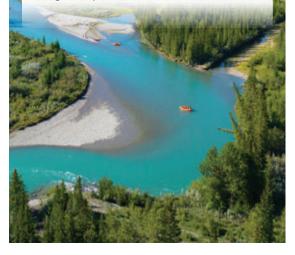
#### by Garth Paul Ukrainetz

Bow River, Bow River, O where is your quiver Where are the arrows you hide deep inside Take aim for the moon, let them fly thru the heavens Shooting like stars over Calgary skies

Bow River, Bow River, melt of glaciers deliver Water flows pure from the mountaintops high Your destiny's duty to guard and protect it Transporting for all under big prairie sky

Bow River, Bow River, always generous giver Jubilation you bring to Alberta's dry land For water is life, you bestow of it freely Grateful animals drink from the palm of your hand

Bow River, Bow River, mighty warrior consider While forward you lead, we'll be watching your back To be perfectly clear, we can't take you for granted Drought and pollution will sneak and attack



#### Age-Friendly Calgary Essential Numbers for Seniors in Calgary

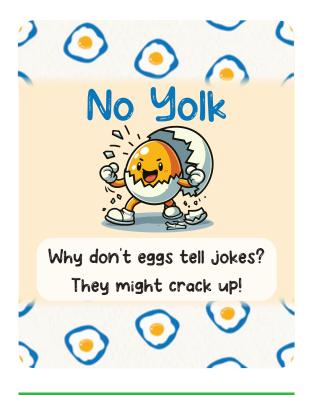
9-1-1 Emergency (24-Hour)	403-SENIORS (403-736-4677) The Way In			
For EMERGENCY medical, fire, and police response. Call the non-emergency police line at <b>403-266-1234</b>	Information, advice, and help accessing programs and benefits for older adults.			
to report an incident that is not an emergency.	403-266-HELP (403-266- 4357) Distress Centre and SeniorConnect (24-Hour)			
8-1-1 Health Link (24-Hour)	Crisis support and urgent social work response (including if you are concerned about a senior at risk in the community).			
Health advice (including dementia advice) from a registered nurse.				
2 4 4 City of Colores (24 Hours)	403-943-1500 Access Mental			
<b>3-1-1</b> City of Calgary (24-Hour)	403-943-1500 Access Mental			
Information on all City of	<b>403-943-1500</b> Access Mental Health			
	Health Non-urgent advice on navigating the addiction and			
Information on all City of Calgary services.	Health Non-urgent advice on			
Information on all City of Calgary services. www.calgary.ca. <b>2-1-1</b> Community Resources	Health Non-urgent advice on navigating the addiction and mental health system. 403-705-3250 Elder Abuse			



## Unlock **Your Dream Home Now!**

Low Rates, Fast Approval, **Big Savings!** Don't Wait – Act Today!





	BR GA	MES		S	SU	D	<u>Jk</u>	<u>(U</u>
	7			4	2	6		5
				9	1			4
2								
	2					5		
5		6				7		9
		3					8	
								8
4			3	6				
1		9	2	5			4	
SCAN THE QR CODE								

READY TO INCREASE YOUR CURB APPEAL?

Need a border between your grass and existing garden? Thinking of creating a new garden? Kilbco can help.

With a variety of colors, stamps and profiles, our steel cable enforced landscape curbing is a cost effective and a practical solution for residential and commercial properties.

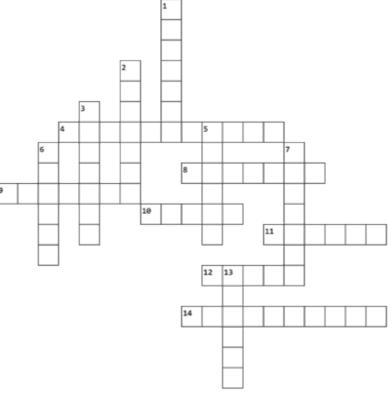
> Curbing will beautify your landscape and add value to your property

KILBCO CONCRETE CURBING

Free Estimates www.kilbco.com | 403-870-0737



## July Crossword





Visit bit.ly/ mycalgary answers or scan the QR code for the answers

#### Across

- 4. Harper Lee's Southern Gothic novel, *To Kill a* \_\_\_\_\_, was published on July 11, 1960.
- 8. In July 1930 this South American country hosted the first FIFA World Cup.
- 9. The revolutionary portable audio player made by Sony launched in July 1979.
- 10. Gymnast \_\_\_\_\_ Comăneci scored a perfect ten on July 18, 1976, at the Montreal Olympic Games.
- 11. The name "Canada" comes from this Huron-Iroquois word for "village".
- 12. Talented Calgarian Tate \_\_\_\_\_ celebrates her 22nd birthday on July 1.
- 14. Lucy Maud \_\_\_\_\_, author of *Anne of Green Gables*, got married on July 5, 1911, in Park Corner, PEI.

#### Down

- 1. On July 30, 1935, this well-known publishing company, named after an Antarctic animal, published their first books.
- 2. The action thriller *Die Hard* starring Bruce Willis and Alan \_\_\_\_\_\_ premiered on July 22, 1988.
- 3. The popular mobile game, \_\_\_\_\_ *GO*, launched in July 2016.
- 5. Starring Canadian actor Ryan Gosling, this positively pink film premiered on July 9, 2023.
- Founded by Canadian musician Sarah McLachlan, the first \_\_\_\_\_\_ Fair, an all-female music festival, occurred on July 5, 1997.
- 7. On July 8, 1996, the Spice Girls released this song as their debut single.
- 13. This North American country made their national anthem official on July 1, 1980.

#### RECIPE

## **BBQ Beef Patties on Buns**

#### by Jennifer Puri

Alfalfa can be termed a super food due to its remarkable antioxidant properties. Antioxidants are highly effective against inflammation and may help protect cells from damage.

Alfalfa sprouts are made from germinated alfalfa seeds. These small stringy sprouts are filled with nutrients and are a good source of protein, fibre, vitamins, and minerals.

Alfalfa, radish, broccoli, kohlrabi, or red and green cabbage sprouts are all healthy and can be added to a sandwich, salad, soup, smoothie, or an omelette.

Alfalfa sprouts not only add a crunchy texture to any dish but can also make a dish look "gourmet" as shown in the BBQ Beef Patties on Buns recipe below.

Prep Time: 20 minutes Cook Time: 10 minutes Servings: 4

#### Ingredients:

- 1 lb lean ground beef
- ½ cup fine dry breadcrumbs
- 1/2 tsp. coarsely ground black pepper
- 1 egg
- $\frac{1}{3}$  cup barbeque sauce
- 2 tsps. finely chopped parsley
- 4 slices mozzarella cheese
- 4 hamburger buns

#### **Toppings:**

- Red onion
- Lettuce leaves
- Mayonnaise
- Mustard
- · Alfalfa or radish sprouts

#### **Directions:**

1. In a medium size bowl mix together ground beef, egg, breadcrumbs, barbeque sauce, chopped parsley and black pepper until mixture is smooth.



- 2. Divide the mixture into 4 equal size portions and form balls. Flatten the balls into <sup>3</sup>/<sub>4</sub> inch patties on a cutting board. Use your thumb to create a depression in the centre of each patty which helps to keep them in shape while cooking.
- 3. Oil the grilling grates and then grill the patties, covered, on medium high heat or until brown on the first side about 5 to 6 minutes.
- 4. Flip the patties and continue cooking for a few more minutes until desired doneness is reached. Use a meat thermometer to check the internal temperature of the patties aiming for at least 160 degrees Fahrenheit.
- 5. Top each patty with a slice of mozzarella cheese and allow cheese to melt.
- 6. Slice buns in half and toast on the grill if desired. Spread a little mayo and mustard followed by lettuce leaves, onion slices, and patties on one half of the buns then top with alfalfa sprouts and remaining half buns. Serve with French or sweet potato fries if desired.

Bon Appétit!

## **Heat Related Illness**

#### by Alberta Health Services

EMS would like to remind everyone to stay safe in the heat and sun this season. While children and the elderly may be more susceptible to the effects of heat and sun, basic prevention measures should be taken by all to avoid a heat related illness during periods of hot and humid weather.

#### **Heat Exhaustion**

- Heat exhaustion can occur due to excessive fluid loss during periods of prolonged sweating in a hot and/or humid environment (indoors or outdoors).
- Patients may suffer headaches, weakness, fatigue, nausea/vomiting, thirst, chills, and profuse sweating.
- The patient is usually cold and damp to the touch and the skin may appear pale or dusky gray.

#### **Heat Stroke**

- Heat stroke is a medical emergency which, without prompt treatment, could be fatal.
- It occurs when the body can't cool itself naturally (e.g., perspiration). The body's temperature will continue to rise to dangerous levels.
- Due to severe dehydration and the inability to sweat, the patient may appear flushed, and skin may be hot and dry to the touch.

#### **First Aid**

- First aid for all heat related illness begins with removing or sheltering the patient from the hot environment.
- Remove excess, or tight-fitting clothing, and allow them to rest in a cool environment.

**RITCHIE'S** 

**Plumbing & Heating** 



- If the patient is conscious and alert, provide suitable fluids such as water, juice, or a sports drink.
- If you are concerned, seek medical attention.

#### Prevention

- Stay well-hydrated by drinking plenty of water at all times.
- Be aware that excessive alcohol consumption will promote dehydration.
- Always wear a broad brimmed hat to keep the sun off your face and neck.
- Apply a broad spectrum, waterproof sunscreen with a minimum SPF of 30+, especially for children. The sun's UV rays peak between 11:00 am and 3:00 pm, even on cloudy days.

#### Services

Plumbing & Drain Cleaning Heating & Gasfitting Inspections Tank Replacement Sewer Camera Inspections

## 24 HOUR EMERGENCY SERVICE tel. 587 392 6486

#### **TAKE ON WELLNESS**

### **Cannabis and Youth**

by Recovery Alberta – Community Health Promotion 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 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 modeling and applying the same expectations for yourself will support with maintaining consistency.

#### For business classified ad rates contact Great News Media at 403-720-0762 or sales@greatnewsmedia.ca

**NEPTUNE PLUMBING & HEATING LTD:** Qualified journeymen plumbers/gasfitters, very experienced in Signal Hill. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24-hour emergency service, call 403-255-7938. "Showering you with great service."

**OFFICIAL PLUMBING & HEATING:** Small company, low overhead, excellent warranties, and great rates. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting, and more. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email info@officialplumbingheating.ca; www.official-plumbing-heating.ca.

**SIGNAL HILL MORTGAGE BROKER:** Save a bunch of cash! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | anita@anitamortgage.ca | Licensed by Avenue Financial.

LANDSCAPING & WINDOW CLEANING: Weekly yard care starting at \$39. Decorative mulch, rock, soil and sod installation. Window or gutter cleaning starting at \$109; interior or exterior. Garden beds, stone patios, walkways and rock walls. Deck and fence builds, small concrete jobs and synthetic grass installation. A+ Member of BBB. Licensed and Insured. WCB. 403-265-4769 | YardBustersLandscaping.com.

**K2 BOOKKEEPING:** Are you too busy to keep up with your bookkeeping? Experienced bookkeeper now accepting new clients. Specializing in small to mediumsized businesses. Competitive Rates | Twenty years Experience with QuickBooks and Simply Accounting, GST, Payroll, WCB, Filing, and T4 Filings. Phone Katie 403-870-0737.

**RENOS? DECLUTTERING? YARD CLEANUP?** Roll-off bins available... for now! No-stress quotes. Rent-free. Flat rates. Don't wait! Bins move out quickly! 403-888-5483. Ask for Darrell at Economy Waste Services.

# **BUSINESS CLASSIFIEDS**

**SIGNAL HILL PAINTER:** Experienced Calgary Painter - Transform your space with precision and style! Our professional painting services bring life to your home. Skilled in interior and exterior projects. Affordable rates with top-quality results. Contact Jonathan for a free estimate at 403-561-4338. Your trusted choice for a fresh, vibrant look. www.fivestarpainting.com.

ACUMEN APPLIANCE REPAIR: Locally based company. Home appliances repair and installation, lint vent cleaning. All kinds and makes: stoves/ovens/ ranges, fridges, freezers, washers/dryers, dishwashers, microwaves, trash compactors. Flexible hours, evening and weekend visits are available. Discounts for senior customers. Call at 587-997-4824 or e-mail acumenappliance@gmail.com.

**BIG SKY VENTURES:** Terry Raabis, Certified Master Electrician with over 50 years' electrical experience ~ home renovations, house re-wiring, troubleshooting, smoke and carbon monoxide detectors, breaker panel upgrades, fans, cooktops, range hood installs and much more! Fully licensed and insured. No charge on-site consultations. Customer satisfaction guaranteed. Call Terry at 587-228-9371 or email bigskyventures@shaw.ca.

**NEIGHBOURHOOD CONFLICT?** Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

**SMITH PROPERTY RENOVATIONS:** Experienced general contractor with high attention to detail. From kitchens to bathrooms, and everything in between. Check out my website and homestars page for pictures and reviews. Free estimates, licensed and insured. Website: Sp-renos.ca, phone: 587-333-5568, email: craig@sp-renos.ca.

**ST. MARTIN'S ANGLICAN CHURCH:** 1009 Prominence Way SW in Patterson Heights. Sunday service at 10:00 am (in-person and live-streamed). Mid-week service on Wednesdays at 2:00 pm. ESL conversation on Tuesdays will return in September. Sandwich making for Alpha House on Wednesdays at 1:00 pm. **JEFFREY ELECTRIC:** Friendly, professional electrical service for your next residential project, large or small. 10 years serving Calgary, City Qualified Trade, Master Electrician, licensed, insured. Very competitive rates for quality electrical work. Service panel upgrades from 60 amp to 200 amp. Car chargers, aluminum rewiring, custom kitchens and basements. Free estimates. www.cejelectric.com or call Clayton at 403-970-5441.

**GUTTER DOCTOR!** Home exterior service experts. Services include gutter cleaning, repairs, and installations as well as fascia, soffit, siding, roofing, cladding, heat cables, gutter guards, window cleaning, and pressure washing. Local business for over 23 years with more than 70,000 happy customers! Licensed, insured, WCB, A+ BBB member, multi award-winner. Quality work with a warranty! ww.gutterdoctor.ca, 403-714-0711.

**PERFECTION PRUNING:** Have you been noticing that your trees and shrubs are in need of some care and attention? We can help make your yard look beautiful again! Experienced arborist with excellent climbing, pruning and removal skills. Free quotes and 100% satisfaction guaranteed! Call or text Caleb at 403-660-7475. www.perfectionpruning.com.







MLA Calgary - West Mike Ellis 234 – 333 Aspen Glen Landing SW Calgary, AB T3H 0N6 S 403.216.5439 S calgary.west@assembly.ab.ca

The Springbank Reservoir is now fully operational, protecting Calgary and nearby downstream communities along the Elbow River from major flooding. Designed to work in tandem with the Glenmore Reservoir, this \$849 million project can store over 70 million cubic metres of water and will help to mitigate and prevent the kind of damage seen in past floods. It is designed to work in tandem with the Glenmore Reservoir to accommodate water volumes equal to the 2013 floods on the Elbow River. The Springbank Reservoir will also safeguard local wildlife and habitat, protecting both communities and the natural areas Albertans value.

The Alberta government has released new Bow and Elbow River flood maps showing Calgary's flood risk along the Elbow River. For more details, visit https://www.alberta.ca/ release.cfm.

Alberta Emergency Alerts are issued to provide you with critical information about a potentially life-threatening situation in your area, including wildfires, floods, and tornadoes. Emergency alerts include information about the location of an emergency and what action you need to take to protect yourself. Alerts are sent out on TV, radio, websites, social media, the Alberta Emergency Alert mobile app, and compatible smart phones.

Various organizations in Alberta issue alerts based on the emergency:

- Local authorities handle fires, floods, and hazardous materials.
- Police manage criminal events including AMBER alerts.
- Alberta 511 handle hazardous road conditions.
- Environment Canada oversees weather-related alerts.

Alberta Emergency Management Agency (AEMA) supports all alert issuers and communities.

Emergencies and disasters can occur anywhere, at any time. Please become familiar with the types of alerts being issued and ensure you are prepared if there is an emergency or disaster. Download the Alberta Emergency Alert mobile application to ensure you receive the alerts you need.

During the summer season, we will have opportunities to participate in family and community related events. Enjoy these precious times with your loved ones!

Wishing you a safe, relaxing summer!

# Save More Every

Contact Solun Energy. Alberta's Trusted Local Solar Experts.

#### Turnkey solar solutions tailored to your home!

- $\checkmark$  Lower your power bills by up to 90%.
- Boost your home's value instantly.
- Go green and reduce your carbon footprint.



#### FREE Expert Consultation Limited Spots This Month!

Email: info@solun.ca Visit: www.solun.ca Call Us: 403-400-4660

Proudly serving the Calgary area with professional installations you can trust.

### www.kilbco.com



## **GREAT NEWS MEDIA** LEADERS IN COMMUNITY FOCUSED MARKETING

We make your phone ring. We bring you more customers. We grow your sales.

Call 403-720-0762 | grow@greatnewsmedia.ca



**SCAN ME** 



# Share The 🧡

From hidden gems to must have moments, share the favourite things about your neighbourhood with your Westside community.

Follow on Facebook and let David know what you love about your Westside community.



Friend Neighbour Realtor<sup>®</sup> DavidPellettier

403-869-7971 | david@davidpellettier.ca | davidpellettier.ca



**RE/MAX** First