

The Signal Hill Beacon™

The official newsletter of the Signal Hill Community Association

Representing residents and businesses of:

- | | |
|---------------|-------------------|
| Richmond Hill | Signal Ridge |
| Sienna Hills | Signal Ridge West |
| Sienna West | Signature Parke |
| Signal Hill | Simcoe Circle |
| Signal Point | Simcoe Heights |
| | Simcrest Heights |

Highlights

Community

SHCA Directors' Reports

A year in review4-8

Traffic

Sierra Morena Update

Traffic relief options9

Health

Sandwich Generation

Handling children and aging

parents.....10

Safety

Calgary Block Parent

Tips for a safe summer.....12



President's Message

By Simon Batcup

There are a couple of newsletters that arrive in your mailbox every couple of months that might be causing you some confusion. So we thought we better clear that up!

There is only one "official" Signal Hill Community Association newsletter — this one, the Signal Hill Beacon. It's published six times a year and arrives in your mailbox the first week of February, April, June, August, October and December. It features stories about what's going on in Signal Hill and other editorial of interest to our residents.

Then there is the Signal Hill Suburban Journal — similar colours, similar look but not the same at all. When you are looking for what is going on in your community, turn to the Beacon. As they say, imitation is the most sincere form of flattery!

Rundle College

Amidst all the construction on 17 Ave. and 69 St., Rundle College is also doing some development. Rundle is putting in a football field to the west of the current school, in addition it will be adding a building to house the junior years. The field will be available for community use. Stay tuned.

Plant a tree

Every year our community is looking better but we still need more trees. To help us get an idea of the number of trees planted, go to our website, www.shca.ca, and look for the page on tree planting then enter your email address to be a part of the count and to be eligible for a prize. Remember: "If you want to be happy for a summer plant a garden, if you want to be happy all year, plant a tree!"

Beautiful gardens

On the subject of gardens, if there is a

garden in your neighbourhood that stands out, let me know about it at president@shca.ca. We are hoping to compile a tour of gardens in Signal Hill for next year to help inspire those of us who might not have green thumbs. We will try and get some pictures of each garden onto the website to remind us how great Signal Hill can look in the middle of winter! Don't forget, ask your neighbours' permission and get their contact info to me as well.

Clean up

While we are at it, take a look around your property. Is there something that brings down the tone of the home or the street — the half strung Christmas lights, the car that you have been promising to "fix up", the window frame that needs painting, a fence in need of repair. Take the step this summer and get it fixed, touched up or thrown away. Take pride in your home, your street and your neighbourhood.

Signs on property

Is there a sign on your street identifying your neighbourhood? The signs were originally put in by the developers to help identify their development. Unfortunately, there seem to be a few signs around the neighbourhood that are falling into disrepair. For the record, these are not community-owned signs. The signs are owned by the property that they rest on. If the sign is in need of repair, it is the responsibility of the owner of the property to address the issue.

As always, if you see something you want to let me know about, you can email me at president@shca.ca. I look forward to hearing from you. Thanks for reading and have a great summer.§

In This Issue

President's Message.....	1
SHCA Board of Directors	2
Community Contacts	2
Elected Officials	2
City of Calgary	2
Mailing Address.....	2
Buy a Community Membership	3
President's Report.....	4
Treasurer's Report.....	5
Membership Report	5
Social Report	6
Sport Report.....	7
Greening Report	7
School Liaison Report	7
Joint-Use-Site Report	8
Traffic Report	8
Traffic Update on Sierra Morena.....	9
The 'Sandwich Generation' Is Stressed And Stretched	10
MLA's Report	11
Alderman's Report	12
Summer Safety Tips.....	12
AltaLink Griffith Woods Transmission Line Relocation Application	13
Schools	14
Community Classifieds	15
Social Update.....	16

The newsletter is published bi-monthly, and delivered at the beginning of February, April, June, August, October and December.

Circulation.....5,500

**Next deadline September 10, 2010
for the Oct/Nov 2010 issue.**

Editor and Advertising Sherry Butt249-2233
sherrybutt@shaw.ca

Layout Kendra Design Inc.874-2407
kendra@platinum.ca

The views and opinions in articles and advertisements in this newsletter are not necessarily those of the Signal Hill Community Association.

www.shca.ca

SHCA Board of Directors

President Simon Batcup217-3625
president@shca.ca

1st Vice President vacant

Secretary James Eamon246-7153
secretary@shca.ca

Treasurer Sue Luciuk249-2597
treasurer@shca.ca

Communications Sherry Butt249-2233
beacon@shca.ca
sherrybutt@shaw.ca

Maintenance Don Dejewski860-8431
maintenance@shca.ca

Community Sports & Programs

Soccer Kevin Welte685-5184

Joint-Use-Site Shawna Waller668-0646
rink@shca.ca

Community Liaison

Business vacant

School Theresa Roessel266-1536
school@shca.ca

Police Mel Rampersad246-6454
police@shca.ca

Traffic Nimish Rathod454-5797
traffic@shca.ca

Social Christine Sinclair
social@shca.ca

Fundraising Laurie Wilson-Temple .242-6348
fund@shca.ca

Greening Gordon Hutton246-8924
greening@shca.ca

Membership Iqbal Nurmohamed .246-4452
membership@shca.ca

Community Contacts

Care West Signal Pointe
Lynn-Ann LeClair240-7954
lynnann.leclair@calgaryhealthregion.ca

Calgary Regional Health Services
Shaganappi District Office242-0210

Girl Guides
Cynthia Zuidema240-2662
Shelly Young246-2289

Police
PACT registration290-2990
Cst. Acosta-King
Community Liaison Officer249-7701

Signal Hill Library
Sharon Wirzba221-2000

Elected Officials

Alderman, Ward 6 Joe Connelly268-2430
joe.connelly@calgary.ca
Bernie Gristwood (Asst)
alaaw6@calgary.ca

Mayor, Calgary Dave Bronconnier

MLA, Calgary West Ron Liepert216-5439
calgary.west@assembly.ab.ca
Laura Wells (Asst)216-5439

MP, Calgary West Rob Anders292-6666
AnderR1@parl.gc.ca

Senator Hon. Dan Hays244-3111

City of Calgary

For all City Services call:3-1-1
Emergencies:9-1-1

Police (non-emergencies)266-1234
EMS (non-emergencies)261-4000
Fire (non-emergencies)264-1022

City Facilities

Recreation Program

Registration268-3800
Booking Recreation Facilities
And Parks268-3800

Calgary Transit

Route/Schedule/General Info262-1000

Sports

Janice Owen (Soccer)217-4076
www.signalhillsoccer.com
Strathcona/Christie sports line
(basketball)250-0593

Mailing Address

SHCA and Signal Hill Beacon

Items can be mailed to:
Signal Hill Community Association
1150, 246 Stewart Green S.W.
Calgary, AB T3H 3C8

or dropped off at:
The UPS Store, Westhills Towne Centre

Support The Community You Enjoy Everyday

Buy A Community Membership

Now that development in Signal Hill is winding down and subsequent funding has all but disappeared, it's more important than ever to support your community through the purchase of an annual Signal Hill Community Association (SHCA) Membership.

For just \$25 a year your Membership helps the SHCA to operate and maintain your neighbourhood amenities including the ice rink and pleasure pond your family enjoys skating on, neighbourhood tot lots your children play in and the beautiful garden park you take your evening stroll through.

Your Membership also helps to plant trees, allows your children to participate in community sports programs such as soccer and hockey and allows you to participate in funfilled social events such as the annual Children's Christmas Party.

For less than the price of a night out at the movies buy a Membership and feel proud knowing you are supporting the community you enjoy everyday.

You can purchase a membership at Signature Medicine Centre Pharmacy located just off Sirocco Dr. in Signature Parke Plaza or purchase online at www.shca.ca

Thank you for your support!!!

BUY YOUR MEMBERSHIP ONLINE AT WWW.SHCA.CA

Signal Hill 2011

Community Association Membership valid from
September 1, 2010 - August 31, 2011

Richmond Hill
Signal Hill
Signal Point
Signal Ridge
Signal Ridge West
Signature Parke
Sienna Hills
Sienna West
Simcoe Circle
Simcoe Heights
Simcrest Heights

Name(s)

Name(s)

Address

Postal Code

Phone No.

Email

I can volunteer for:

- Development
- Fundraising
- Greening
- Membership
- Newsletter
- Parks & Recreation
- Schools
- Seniors
- Social
- Sports
 - Hockey/skating rink maintenance
 - Coaches/Assistants
- Traffic
- Public/Family Skating
- General assistance

Thank You

Payment

2010/2011 SHCA Membership
Seniors' discount (60+)

\$ 25.00 _____
- 5.00 _____
Total _____

Make a cheque payable to "Signal Hill Community Association",
and mail with application to:

Signal Hill Community Association
1150, 246 Stewart Green S.W.
Calgary, AB T3H 3C8

NL

President's Report

By Simon Batcup

Last year we set two simple goals for the SHCA: create more reasons than soccer to become a member of the community association and improve communication with Signal Hill residents.

We have made some progress with creating more reasons for purchasing a community membership but we are not where we need to be. We added two new events to the social roster: the Community Spirit Barbecue held last August and a Car Trunk Sale held in May.

In addition, we held two favourite community events last year — the Children's Christmas Party and our annual Plant Exchange. Each of these events offered a discount for residents with current community memberships. Where we fell short was in finding a business liaison director to sit on the board. This role, when filled, will be to engage local businesses to provide free items and discounts for the community association membership.

Communication occurs in many ways including through people and media. Last year, four community residents stepped up to join the SHCA board of directors. Nimish Rathod came to us to address traffic issues, Iqbal Nurmohamed joined us to work on maintaining our membership list and institute controls, Shawna Waller stepped up to look after the management of the joint-use-site and Don Dejewski stepped up to make official the role he has done for sometime — maintaining the ice rink. A big thank you goes out to all of you.

Further, we have found two young members of our community, Marco and Paolo, to manage the SHCA website at www.shca.ca. As a result of their hard work, we now have a website that is current and dynamic. Through the website we are now able to interact with community residents about things such as traffic issues and events going on inside and outside Signal Hill. Also, residents can now purchase community memberships online. As well, any requests to use the rink are semi-automated and you can view current issues of the Signal Hill Beacon online. Thanks Marco and Paolo!

I can assure you, whenever we get the chance to improve communications further, we will do our best to make it happen. Where we have work to do, is to engage the seniors in our community. We will be working to do this better in the coming year.

For the 2010 – 2011 year I am pleased to announce some of our key goals:

Create more reasons than soccer to join the community association. We will be working to find a volunteer who is prepared to step into the role of business liaison director. Our objective is to develop at least \$25 worth of savings a year from community businesses in addition to the discounts we offer for SHCA members at the events we hold.

Make solid progress on the traffic issues on Sierra Morena Blvd. and Sierra Morena Road. If you have read the Beacon or visited the website recently, you will know what I am talking about. We get 20,000 cars a day on Sierra Morena Blvd. and Sierra Morena Road. This problem is not going to go away on its own and the solutions are not easy. We have a very dedicated and passionate group of people who will continue working with our politicians and city staff to come up with creative and long lasting solutions to the traffic problem in our neighbourhood. If you want to be involved, please visit www.shca.ca/morenatraffic.

Strengthen SHCA's financial position. Currently, we have a strong balance sheet, but as we move forward, the ice rink and adjoining facility are going to need significant improvements. In order to ensure that, we will be looking at ways to generate funds to strengthen our already good position. Some ideas include making our community events more profitable and working diligently to ensure that for any programs we hold, we get the city or provincial funding that we deserve. As a board, we want to ensure that each year we are better off financially than the previous year.

I would like to thank all of the new and returning directors for the work that they have done to date and I look forward to working with them this year.

• Jim Eamon who for the 11th successive year as secretary, keeps us on track and in line with the bylaws of the association.

• Sherry Butt, in her 10th year as communications director, for continuing to produce the Signal Hill Beacon six times a year.

• Sue Luciuk for her fifth year as treasurer, who continues with diligence to steward our finances.

• Laurie Wilson-Temple for her tireless work organizing and finding volunteers to work on the casino.

• Kevin Welte for his great work developing a very successful Signal Hill Soccer Program.

• Theresa Roessel for her role managing communications between the SHCA and Battalion Park School.

• Christine Sinclair for coordinating all of the fantastic social events we hold each year in the community.

• Gord Hutton for the greening initiatives and the work with the city to keep our trees fed and watered.

• Nimish Rathod for stepping up to help find solutions to our traffic woes.

• Iqbal Nurmohamed for bringing his mind to bear on the challenges of controlling the membership list.

• Shawna Waller for stepping in to manage the bookings at the ice rink and adjoining facilities.

• Don Dejewski for all the work he puts in to maintain the condition of the ice rink and surroundings.

I would like to say a very special thank you to Mel Rampersad for his work as police liaison director, helping to ensure our neighbourhood remains safe. We are sorry to see Mel leave this year. Finally, a special thank you to a few people who help make Signal Hill a great place to live:

Trevor Wannop and his rink rats for keeping the hockey rink operating and Gord and Linda Vogt for continuing to put on the plant exchange every year.

As Signal Hill residents, please consider getting involved in your community association. New people bring new ideas and issues to the table. We currently have three positions open: police liaison, business liaison and seniors liaison. We would love to welcome you aboard!§

Extra copies of the Signal Hill Beacon are available at Signature Medicine Centre Pharmacy and the Signal Hill Library.

Social Report

Christine Sinclair

This has been a busy year for the SHCA! When I joined the board in 2007, there were no events sponsored by the SHCA. We have been growing this at a steady rate of one new event per year and now offer the Community Spirit Barbeque, Children's Christmas Party, and most recently the Car Trunk Sale.

Last year's barbeque was fantastic — we had terrific weather and close to 300 attendees. The Christmas party was also a big success. Despite last minute changes to both the date and location, the party had about 130 attendees, which was up almost exactly 100 per cent from the previous year.

Tickets for both of these events were discounted for SHCA members, a policy we intend to continue as part of our commitment to increasing the value you get from your community membership. In addition, the SHCA was able to field a team of 12 volunteers for the Stampede Breakfast at West Market Square. All involved were pleasantly surprised by how much fun it was to flip flapjacks and grill sausages and we're looking forward to participating again this year.

The idea behind the May Car Trunk Sale was very well-received. Unfortunately, the weather was extremely uncooperative. Only a few of those who had signed up as sellers braved the cold and snow, which also discouraged buyers, although a surprising number showed up despite the bitter weather. In light of the encouraging remarks received through the chattering teeth of those who attended, we're putting the Trunk Sale on the calendar as an annual event. Also, we will be re-hosting the Trunk Sale on September 11, in conjunction with this year's Community Spirit Barbeque.

Looking ahead, the plan for the coming year is to maintain and grow these three events. With an increased number of events comes an increased cost to the SHCA and as with all non-profit organizations, the funds available are far from limitless. Prior to beginning any new adventures, it is important that our current events become self-sustaining. As always, if you'd like to volunteer or if you're in a position to donate products or services that would be suitable for any of our events, we'd love to hear from you.

On a final note, I would like to extend a personal thank you to Shawna Waller and Iqbal Nurmohamed, who have recently joined the board as joint-use-site director and membership director respectively. In addition to my role as social director, I had been responsible for those portfolios for approximately two years and am very happy to be able to concentrate exclusively on community events. §

STAY IN THE LOOP

www.shca.ca

Your up to the minute source for:

- News about community issues such as Traffic and Development
- Community Events and Programs
- Sports and Recreation
- Signal Hill Beacon Archives and more!

Visit often

www.shca.ca

\$75 Off or Free Electric Toothbrush New Patient Offer * Limited time offer. Call for details. *

Family & Cosmetic Dentistry
Sedation & Implant Dentistry
Invisalign® & Zoom® Whitening
Open Early Mornings & Evenings

403.246.8555
www.westmarketdental.com

Dr. Peter Lam
Dr. Chris Lan

 west market dental
FAMILY & COSMETIC DENTISTRY
339 - 1851 Sirocco Dr. SW (Beside Sunterra Market)



Community Soccer Report

By Kevin Welte

The Signal Hill Soccer program, for children three to 17 years of age, continued to have strong registration numbers, with 1,500 participants this year. We have added a more technical and competitive program at the U8 level for those who are keen to play more often and improve their skills. We have also upgraded the training of coaches as they have the largest influence on the enjoyment of the players.

By providing a strong soccer program in the later years as well as the early years, we are keeping our teenagers playing soccer in the community longer. As a result we doubled the number of teams in the U16/U18 age groups again this year. We have also enhanced the programs for our teenagers with a junior referee and youth coaching program. By further involving the teenagers in our organization, they are building valuable skills, confidence and a sense of community at the same time.

The SHCA has also been working with members of the Strathcona community and others to provide a program of summer camps called Westhills Sports. There are camps being developed and made available for soccer, tennis, basketball, youth athleticism, fine arts, sports conditioning, boot camps for adults/youth and

most recently, mad science. Signal Hill will work in 2010 to formalize this relationship. See <http://scacalgary.ca/westhillssports/wordpress/> for more information. §

Greening Report

By Gord Hutton

Landscaping improvements are continuing at the joint-use-site. Replacement of shrubs and tree's is ongoing as the site has suffered further damage during the 2009/2010 winter. Plant losses have been the greatest in the lower bed area and in the parking lot area. The goal will be to replace these with hardier shrub species or trees to reduce long term maintenance costs. The evergreen located by the rink entrance has been replaced. The old tree ring area has been replaced by paving stones which improves the appearance of the area. Also a number of broken paving stones located in other tree planters in the rink area have been replaced.

A community clean-up program is tentatively being planned for this fall. This program is offered through the City of Calgary. The program provides a one-day opportunity for community members to clean-up outdoor spaces by bringing outdoor refuse to a central site for removal via city garbage trucks. This is a great way to clean up back ally areas and storage areas around garages. Hopefully we can turn this into an annual event.

Remember to dial 3-1-1 to contact the city if you have questions on tree replacement within your neighbourhood or on private property. The City of Calgary "Planting Incentive Program" (PIP) is available to help with the cost of tree replacement, tree selection, site selection and preparation. Further information on the PIP guidelines can be found on the City of Calgary's website. §

School Liaison Report

By Theresa Roessel

In 2009, the following was accomplished:

- As a new director, developed a relationship with members of the SHCA board of directors and Battlion Park school council.
- Facilitated conversations about concerns the community had with respect to the school including before and after care, graffiti at the school ground, speed bumps near the school and older kids on the playground during school hours.
- Helped connect the SHCA board of directors and the school on events such as the Christmas party and the school carnival.

In the coming year, we hope to hold a combined fundraising event bringing together volunteers from both the community association and the school. §

LIVING JESUS INSIDE OUT



Strathcona Ladies Time Out at First Lutheran

*A peaceful, safe, open, caring community of women
- Everyone Welcome!*

A place to take a break from the busy-ness of our lives!

An opportunity to socialize, do your own thing or learn a new one!

Fall

Monday & Tuesday
Groups start
September,
27/28, 2010

REGISTRATION

SEPTEMBER 13, 2010

9:30 - 11:30am

Classes include:

Book Club

Painting

Fitness

Card Making

Scrapbooking

Parenting

Spanish

Bring Your Own Thing

Info & late registrations email:
strathconaladiestimeout@first-lutheran-calgary.org

or call Helen @ 403-246-9038

Childcare Available
(while you participate in a class)

Complete info at: www.ladiestimeout.bravehost.com

First Lutheran Church

*invites you to join us in celebrating
God at work in our lives, community and the world.
For details of our ministries,
including worship time please see our website
www.first-lutheran-calgary.org
or call 403-242-4544*



Sunday School

During Worship Service
Beginning September 12, 2010
For children 3 yrs to grade 6

Wednesday Night is YOUTH NIGHT

FLY (First Lutheran Youth) for Grades 7 to 12
Worship, Mentors, Missions and Meaning!
Call 403-242-4544 for Registration Information

Our Senior Soup Social runs November through April, second Friday of each month at 11:30 a.m.
7102 - 14th Ave. SW • ph 403-242-4544 • www.first-lutheran-calgary.org



ClearVu

Thermal Pane Restoration

Moisture in Your Windows? Don't Replace . . . *Restore!*

Clear Vu's Certified Technicians remove moisture between windowpanes to extend window life 10 years.

- ✓ **50-60% less than the cost of window replacement**
- ✓ **A green alternative to window replacement**
- ✓ **Commercial / Residential**

Other Services

- ✓ **Caulking**
- ✓ **Hardware replacement**
- ✓ **Privacy window film**
- ✓ **UV sun block window film**
- ✓ **Weather stripping**
- ✓ **Window sill refinishing**

403.246.8805



clearvucanada.com



Joint-Use-Site Report

By Shawna Waller

The joint-use-site, with its large rink, pleasure rink/basketball court and skate shack, is popular among Signal Hill residents. In addition to hockey programs and family skating, quite a bit of casual use of the site takes place. Members of the SHCA also have an opportunity to book the joint-use-site and use the skate shack for anything from birthday parties, casual parties, team end-of-season parties, etc. There is no cost to use the facility other than maintaining a community membership and filling out a waiver, which is available on the SHCA website at www.shca.ca under "Skating."

In the few months that I have been director for the joint-use-site, it has come to my attention that we need to improve both security and convenience of access to the building. There have been many occasions where the gate lock has been stolen or cut, door locks have been re-keyed and concerns have been raised that unauthorized copies of the keys have been made. The current system of keys is very difficult to keep track of with the many people who officially need access to the facility (hockey, soccer, maintenance, etc.) and those booking it for a specific one-time use. Anytime a lock is changed, there is no way to inform all those affected by the change!

So, for the upcoming year, we will need to look into a new system such as the use of keypads with codes issued for different levels of use: a master code, a seasonally changing code for regular users and per-use codes for specific events and bookings. In addition, we will need to maintain an email list to inform those who need to know when the code has changed and provide very specific rules for the use and security of the codes. The change room door is going to need replacement in the near future, so that will be a great opportunity to test out a keypad and code system for that door. §

Traffic Report

By Nimish Rathod

As you all are aware traffic is a big issue in our community, coming and going mainly from 69 St., to Sierra Morena Road and onto Sierra Morena Blvd. to Westhills Towne Centre, Signal Hill Centre or to Sarcee and Glenmore trails.

These community roads are being used by people from other communities as a short-cut. As a result the volume of traffic along these roads has increased to twice its realistic capacity. The excessive traffic is not only affecting the safety and livability of the neighbourhood but is also creating broader challenges for the whole community such as overflowing traffic in other parts of the community, lower property values, people moving out etc.

The SHCA has been working on this issue with the city administration for over a year now. We have engaged the alderman's office and the city traffic planning department to work with us to identify opportunities for alleviating the traffic situation. In the coming year, we plan to keep working with the city administration and other stakeholders for a lasting solution. There are several community residents who have joined hands and will be reaching out to fellow residents for a stronger campaign in the coming year.

The SHCA will also be working with the city to facilitate other short- and medium-term traffic solutions due to the West LRT project. §

Traffic Update on Sierra Morena

The issue of excessive traffic on Sierra Morena Blvd. and Sierra Morena Road received widespread media attention following the recent public awareness campaign carried out by several frustrated residents.

At a subsequent meeting between the traffic committee, Alderman Connelly, and representatives from the city's traffic planning department, two potential options for alleviating the excessive traffic were discussed.

Option 1: Restricted access from Richmond Road and Signal Hill Centre on to Sierra Morena Blvd. and vice versa. The restriction can be implemented using signs or bus-trap to continue to provide access to EMS and Transit. The idea was originally proposed by Alderman Connelly.

Option 2: Turn restrictions at the intersection of Sierra Morena Road and 34 Ave. such that northbound cars on Sierra Morena Road could not turn left on to 34 Ave. to access 69 St. and eastbound cars on 34 Ave could not turn right onto Southbound Sierra Morena Road to access Sierra Morena Blvd. In addition, the median at 26 Ave. and Sirocco Dr. could be extended in front of Signal Hill Dr. thereby discouraging drivers from using Signal Hill Dr. and Sienna Park Dr. U-turns would also be prohibited along the community roads between 34 Ave. and 26 Ave. and Sirocco Dr. Please refer to the community website www.shca.ca/morenatraffic for the maps showing these two alternatives.

The Community traffic group also suggested opening up the access road through the city's Sarcee yard on to Hwy. 8 to provide additional access to shoppers. However, the city felt that it was a difficult proposition considering the uncertainty surrounding the southwest ring road and because access to the highway falls under the jurisdiction of the Alberta government. The group also proposed that the potential alternative be tested on a trial basis to understand impacts and opportunities before finalizing the potential solution.

City administration will be studying these alternatives over the summer with plans to present them to the community at an open-house tentatively scheduled for late September 2010. Additional details will be posted on our website as they become available and also through the appropriate media per city guidelines for holding community open houses. §

Tom Malyszko

for Ward 6 Alderman



Community Comes First

403.540.3204

TomForAlderman.com



ARTE ROOFING & CONSTRUCTION INC.

Serving Alberta Since 1980



RESIDENTIAL • COMMERCIAL

ROOFING • SIDING
SOFFIT • FASCIA • EAVES TROUGH



LICENSED • BONDED • INSURED

1517 HASTINGS CRES SE
 CALGARY, AB T2G 4C8
www.ARTEroofing.com



403 • 640 • 4559



Eye Effects

Dr. Toby Vallance
Dr. Rod Adams
Dr. Kirsten Froese-Loewen

Hours: Monday & Friday: 9 a.m. - 6 p.m.
Tuesday, Wednesday & Thursday: 9 a.m. - 8 p.m.
Saturday: 9 a.m. - 4 p.m.

108, 555 Strathcona Blvd. S.W.
403-686-4990

The 'Sandwich Generation' Is Stressed And Stretched

By Sarah Twomey, News Canada

As the Canadian population continues to age and live longer, many adult children are becoming stressed and stretched with added family responsibilities. According to the Desjardins Financial Security National Survey on Canadian Health, the responsibility of caring for aging parents while managing their own family and professional obligations could be impacting the sandwich generation's mental health. The results, released this past May, indicated that their burden is likely to increase over the next few years.

The survey defines the sandwich generation as adult children assisting their parents with their daily domestic and/or psychological needs and/or financially supporting both parents and children simultaneously. When asked, the majority of this group said that managing the schedules of children and parents, taking parents to one or more health professionals, and psychologically supporting their parents through illness or disability, were their most stressful regular activities.

"What this survey is showing us is that adult children are becoming ad-hoc caregivers for their parents without sufficient support. This is a growing social problem and it's only the tip of the iceberg," said Taylor Alexander, CEO of the Canadian Mental Health Association, National Office. "While many aging parents are financially self-sufficient, some adult children will still be expected to provide assistance that requires more time and attention than money."

A third of respondents from the sandwich generation went on to say that they expected that the needs of their parents would increase over the coming years. When further prompted, they suggested that the best solution would be to relocate parents to a home better suited to their parents' needs, such as an assisted living residence or nursing home. Others said that they would seek help from provincial health services or ask family members for help.

Michele Nowski, director of disability income claims and disability management

with Desjardins Financial Security, is troubled by these findings. "Obviously, these Canadians are so overwhelmed that they may not know where to find help," she said. "One important step is to have a frank conversation with your parents about their plans for the future. Making sure you're both on the same page will put you in a better position to handle difficult situations as they arise."

The next important step is to create your own mental health support network for added assistance when required. Employers can play an active role in this by offering their staff flexible work schedules and extended family-leave time as a way of helping reduce their employees' stress."

Canadians can measure and learn to manage their stress by taking the Mood Detector test at www.mooddetector.ca. More details about the 2010 Desjardins Financial Security National Survey on Canadian Health can be found at www.healthiscool.ca.

RUN with BRENT

BRENT MIELKE IS RUNNING... FOR ALDERMAN WARD 6



"I intend to serve Ward 6 by ensuring that while Calgary grows it will remain a great place to work and a great place to live. We'll do that through building an efficient transportation system, creating healthy communities, and showing respect for the hard earned tax dollars that Ward 6 Calgarians entrust to City Council."

Let's build Calgary together and

Run with Brent

**ON OCTOBER 18, ELECT BRENT FOR:
LEADERSHIP • INTEGRITY • VISION**

(403) 457-0232 • www.RUNWITHBRENT.ca

MLA Report

Ron Liepert, Calgary West

I trust everyone has enjoyed the summer, albeit too short and now with children returning to school it is time to reflect on some of the initiatives that have taken place over the past six months and look ahead to the remainder of 2010.

Certainly a new era of trust and confidence has taken place in the energy industry, especially in Calgary, with the changes government made last spring to the royalty framework. All indications point to a very aggressive drilling program this winter.

Work will continue on streamlining our regulatory regime with a final report by our MLA/industry task force due out by the end of the year.

Changes to how health care is delivered in Alberta will be announced this fall as the advisory committee consultations with Albertans concludes. These recommendations will be important as they will set the tone for an updated Alberta Health act which will provide more options for health care delivery in the future.

The government has announced a number of new initiatives in the past six months which will get seniors housing and long-term care projects underway. These initiatives will go a long way to freeing up needed acute care spaces in our hospitals. The government has also delayed implementation of a revised seniors' drug program, pending some of the consultation that is currently underway.

By way of background, last year the government announced that a proposed new seniors' drug program would take effect July 1, 2010. However, implementation of the program was delayed because more time is needed to address necessary legislative and regulatory changes and, most importantly, to ensure better alignment of prescription drug coverage with other government programs for seniors. A coordinated approach to address the needs of seniors now and in the future is required, given that Alberta's senior population is expected to double — from 400,000 today to more than 800,000 by 2030.

In the meantime, our government continues to pay about 80 per cent of seniors' total drug program costs through our existing seniors' drug program, which remains available to all Albertans age 65 and over. Seniors with this coverage will continue to pay a co-payment of 30 per cent of each prescription's cost, to a maximum of \$25 per prescription.

This fall will also see passage of our distracted driving legislation. I would like to thank all those constituents who have contacted our office regarding this important bill.

On a final note, it is encouraging to see major construction initiatives on the west LRT and the new high school progressing so well. Clearly the traffic inconvenience is something we would all rather do without. However, a few years from now when we all look back on this time I know it will be seen as well worth it.

As always, our office is available to assist constituents with matters of provincial jurisdiction. Please contact us at (403) 216-5439 or calgary.west@assembly.ab.ca.



Ron Liepert

Milan Nails

Pedicure & Manicure	\$40
Full Set Acrylic	\$30
UV Set	\$40
Bio Set	\$45

Business hours:

Mon-Fri : 10-7; Sat : 10-5

(after hours by appointment). Walk-ins welcome.

#9 4623 Bow Trail SW, Calgary, AB

(next to Fitz Flooring)

403.685.8815

ServiceMASTER Clean

Residential Carpet & Upholstery Cleaning

- ▶▶ area rug cleaning
- ▶▶ environmentally friendly
- ▶▶ green products
- ▶▶ truck mounted units

10% Off Carpet Cleaning

(Minimum purchase \$129, offer expires Oct. 31, 2010, not valid with any other offer.)

Our services include:

CARPET, AREA RUG OR UPHOLSTERY CLEANING SERVICES

Phone: (403) 287-7700
www.smcalgary.com



Alderman's Report

Joe Connelly, Ward 6



Joe Connelly

The Ward 6 landscape has changed immensely in the last three years and I hope you believe, for the better.

Rewind back to October 2007. I was excited and deeply honoured by the confidence and trust you placed in me by electing me to be your voice for Ward 6. Leading up to that October election, you told me while campaigning at your doorstep, that you wanted accountability, transparency and that you wanted to be heard. And with that, I embarked on three years of listening and acting on what you told me. These three years have been marked by the biggest changes ever to the west side of the city. The communities of Ward 6 have experienced phenomenal growth during our city's economic upturn. And with that, infrastructure was not keeping pace.

Fast forward to today. I am proud to say that I delivered over \$1 billion of new infrastructure into

Ward 6. That included the successful negotiation of an additional \$61 million for the West LRT trench at 45 St. at 17 Ave., as part of the largest construction project this city has ever undertaken — the West LRT.

And it made economic sense that the interchange at Sarcee Trail at 17 Ave. be advanced and constructed in conjunction with this project. Addressing the congestion at Glenmore Trail at 37 St. was also a priority and with that, construction of the detour bridge has commenced.

Ward 6 has also received a number of necessary amenities including \$8 million for the Westside Recreation Centre expansion, a new Fire Station in Signal Hill and \$10 million for the Signal Hill Library, projects that were not merely "nice to have" — they were desperately needed to ensure safe neighbourhoods and an enhanced quality of life, all of which contribute to making Calgary a great city. And in approving new development it was my view that the Fire Department must be at the table to review plans — that was one critical element that had been missing in the planning review process. I'm very proud to say that these accomplishments

were not mine. They were yours. I was only the conduit you chose to advance them to council and advocate on your behalf. Without the tireless work of community association volunteers and without the support of my council colleagues, many of them would still be on a list somewhere.

Yes, the landscape in Ward 6 has changed. We witness it every day and will continue to do so for the next two years as we drive through construction zone after construction zone — short-term pain for long term gain. Progress often comes with challenges and I appreciate your patience as we continue to keep the bar high while we build a great city. We are Calgarians and we deliver on our promises and stand by our tough decisions.

My sincere thanks to all of you for allowing me to give back to this great city. HAPPY TRAILS!

Feel free to contact me if you have any questions about this or any other civic matter at joe.connelly@calgary.ca, or 403-268-2430. Alternatively, you can contact 3-1-1. I look forward to your ongoing feedback.§

Summer Safety Tips

Submitted by Calgary Block Parent

Will your children be spending time bike riding, swimming and playing at the playground this summer? The Calgary Block Parent Association reminds you and your family of important safety tips to ensure you all have fun and SAFE summer holidays!

What you can do to prevent pedestrian injuries:

- Stop at the curb or edge of the road and listen for traffic before crossing.
- Always walk on the sidewalk. If there is no sidewalk and you have to walk on the road, always walk facing traffic.
- Always cross at corners or within marked crosswalks, where available.
- Watch for traffic entering and leaving driveways and alleyways.
- Never cross from behind or in between parked cars or shrubs.
- Never run onto the street without stopping to look for traffic, even for a pet or toy.
- When walking at dusk or in the dark, carry a flashlight and wear reflective clothing.

- Always walk, NEVER run onto the street.
- Remain alert, don't assume a car will stop for you.

TIME TO ORDER YOUR CALGARY BLOCK PARENT SCHOOL CALENDAR

Supporting the Calgary Block Parent Association gives us the opportunity to reach more students through our popular Education Program and continue to expand our network of community safe havens. Our main fundraiser of the year is the sale of the popular Block Parent School Calendar!

This year's calendar is a full 16-month calendar, taking you from September of this year, straight through December of 2011. It's a high-quality, full-color calendar, featuring beautiful student artwork and a full-size pocket each month to hold report cards, appointment notices, bills etc. Calendars are just \$25 each including shipping and handling. Please order your calendar today.



Perhaps one for a friend or neighbour. Your support is so greatly appreciated.

Quantities are limited. Order online at www.CalgaryBlockParent.ca, or call (403) 269-6460.

The mission of the Calgary Block Parent Association is to educate the public about personal safety and to provide immediate assistance through a community safety network.

Hope you're having a fantastic and SAFE summer!§



AltaLink Griffith Woods Transmission Line Relocation Application

Near your community in Griffith Woods Park, AltaLink has a 138 kV transmission line that brings power from outside of Calgary into the city. In the winter of 2010 this line, called 3L/150L, was rebuilt to address reliability concerns and reduce the footprint that the line had in the park. During the consultation phase of this project, many residents provided feedback that while they understood the line needed to be rebuilt to address reliability concerns, they would prefer to have the lines moved to the Transportation Utility Corridor (TUC) north of Glenmore Trail/Highway 8, and placed underground.

Following this community consultation, the Alberta Utilities Commission (AUC) held a hearing on AltaLink's proposal to rebuild the lines. In August of 2009 the proposal was approved with the condition that AltaLink submit an application to Alberta Infrastructure to move the lines from Griffith Woods Park into the TUC.

Since TUCs in Alberta are designated for uses such as the ring road system, power lines, pipelines and municipal utilities, in order to obtain approval to build a facility within a TUC, we must submit an Application for Ministerial Consent to Alberta Infrastructure.

AltaLink is currently preparing this application and in the application, AltaLink is proposing to bury the transmission line as this will have the least impact on adjacent residents. The final alignment and design of the Southwest Calgary ring road in this area has not been determined. Therefore, it is unknown when Alberta Infrastructure will make a decision on this application.

If AltaLink were to receive approval from Alberta Infrastructure to relocate the transmission line to the TUC, the overall scope of the project and how it would be funded would have to be determined, followed by a thorough consultation process with the adjacent communities before submitting a facility application to the AUC.

For more information on the history of the Griffith Woods Transmission Line you can go online to www.altalink.ca/griffithwoods.

Additional information on AltaLink can be found by visiting www.altalink.ca or by contacting us directly by sending an e-mail to siting.consultation@altalink.ca or calling us at 1-877-267-1453. §

Extra copies of the Signal Hill Beacon are available at Signature Medicine Centre Pharmacy and the Signal Hill Library.




Design Destinations
The journey to your ideal home.

Lisa Willms
403.880.7773
DesignDestinations@shaw.ca
www.DesignDestinationsCalgary.com

Design Destinations offers all its clients an extensive variety of services including:

- Interior Design • Home Renovation Coordination
- New Home Interior Selections • Personal Shopping
- Colour Selections • Space Planning
- Window Coverings • Custom Furniture Design
- Home Staging

Specializing in interior design and renovation



CLEARVIEW
Physical Therapy & Sport Rehabilitation

Injured?
In Pain?

We Will Help Restore Your Health

Now suppliers of orthotics, pillows, foam exercise rollers, braces

Phone **217-0349**

AUTHORIZED WCB PROVIDER
7 a.m. - 7 p.m. Monday to Friday

#101 4306 Richmond Rd. SW

Located in Glenbrook Professional Bldg.

Schools

Calgary Board of Education

All residents are part of the same school district.

<http://www.cbe.ab.ca>

CBE InfoCentre294-8255

Regular program

Battalion Park Elementary School

Grades k-6

Principal Jane Jessiman777-7187

Parent Council Janet Wood242-9244

max1mm@yahoo.com

School/Community Liaison

Theresa Roessel266-1536

Gr. Ward

3-6 6 Glamorgan Elementary School ...777-8310

7-9 6 A.E. Cross Junior High School ...777-7410

10-12 6 Ernest Manning High School249-3131

French immersion program

K-9 6 Calgary French And

International School240-1500

K-6 6 Westgate Elementary School777-8420

7-9 6 Bishop Pinkham Junior High School 777-7840

Calgary Catholic School Board

A school district boundary runs through the Community. Please call the schools with your address to

confirm placement. <http://www.cssd.ab.ca>

General inquiries298-1411

Area "B" office298-1606

Trustee, Wards 6-8 Lois Burke-Gaffney298-1153

Trustee, Wards 11-12 Michael Annuik298-1155

French immersion program

École Holy Name French Immersion Elem .242-1591

North/East of Signal Hill Drive

Sienna Hills, Signal Hill, Signal Point, Signal Ridge, Signal Ridge West, Signature Parke, Simcoe Heights, Simcrest Heights

Gr. Ward

K-3 6 St. Thomas Aquinas Elementary School 249-0437

4-9 6 St. Gregory Elementary/Jr. High School 249-6625

South/West of Signal Hill Drive

Richmond Hill, Sienna West

K-6 11 St. Andrew Elementary School242-2132

7-9 6 St. Gregory Elementary/Jr. High School 249-6625

All

10-12 8 St. Mary's Senior High School228-5810

10-12 11 Bishop Carroll Senior High School .249-6601

Other Schools

Calgary Chinese Public School264-2233

Calgary Christian School242-2962

Calgary Islamic School248-2778

Calgary Montessori Elementary246-2275

Calgary Montessori Preschool252-3281

Glamorgan Community ECS242-8694

Menno Simons Christian School531-0754

Religious Facilities

Calgary Buddhist Church263-5723

Calgary Free Methodist Church249-2838

Calgary Jewish Centre253-8600

Church of Jesus-Christ of Latter-Day Saints .571-3715

First Church of the Nazarene242-1718

First Lutheran Church242-4544

Grace Lutheran Church249-8562

Holy Name Church (Catholic)249-7764

Islamic Centre of Calgary242-1615

Living Spirit United Church243-3180

Richmond Hill Baptist Church242-1256

RockPointe Church288-2674

St. Laurence Anglican Church249-6184

St. Martin's Anglican Church249-3014

St. Mathew's United Church249-1721

Valleyview Presbyterian Church249-6006

Westside King's Church777-0800

Woodcliff United Church249-3121

Residents are welcome to advise the newsletter of facilities which are not listed above.

COMPLETE HEALTH

Physiotherapy, Acupuncture,
Acutonics and
Facial Rejuvenation

*Promoting health
in a warm,
friendly
environment!*



www.yourcompletehealth.ca

Lori Crabbe-Giesbers, BScPT
Certificate in Medical Acupuncture
Calgary: 403.240.3552
giesbers@telusplanet.net

WATER SOLUTIONS

Water Treatment You Can Trust



Bottled Water Delivery
Water Softeners
JugFree Water Coolers
Reverse Osmosis Filtration

2835-23rd Street NE Calgary
403-569-8932
www.jugfree.com

Stay in the loop!

www.shca.ca

Your up to the minute source for:

- News about community issues such as Traffic and Development
- Community Events and Programs
- Sports and Recreation
- Signal Hill Beacon Archives and more!

Visit often

www.shca.ca



Community Classifieds

Professional Cleaning

Post-renovation; post-construction; house cleaning; move in/move out; weekly, bi-weekly, monthly cleaning. Very experienced and thorough house/office cleaners with excellent references. Call Malou at (403) 698-3958.

The Think Sun Pre-School Academy

We are now celebrating 20 years of preparing happy pre-schoolers for kindergarten. We offer a fun, creative and stimulating program for your 3 and 4 year old. Come dress up, play music, sing songs and get messy in our art room. Intro French. Phone 240-4466 for class schedules and availability. visit us at www.thinksunpreschool.com

Income Tax Returns

Specializing in taxpayers with business income, both personal and corporate. Day or night. Located in Signal Hill. John Simmons, C.A. Tel: 686-0226.

Nannies and Home Care

Give your mom or dad the freedom to live at home. Experienced, insured and rigorously screened, our live-in, out and hourly caregivers can help with doctors appts, errands, housekeeping, meal prep, medication reminders, bathing etc. In-home assessment call Nannies & Homecare Services at (403) 237-8158.

Extra copies of the Signal Hill Beacon are available at Signature Medicine Centre Pharmacy and the Signal Hill Library.



Signature Medicine Centre Pharmacy

Kim Mettimano, B.Sc., Pharm
Pharmacist/Owner
Certified Diabetes Educator
On site travel clinic

224 - 1919 Sirocco Dr. S.W.
Calgary, AB T3H 2Y3

P: 403-240-4141
F: 403-240-4140
signature@medicinecentre.com
www.medicinecentre.com



JOEY'S only
WestHills
Towne Centre
249 4445

The Most Affordable Seafood Restaurant

All You Can Eat Fish n Chips Every Tuesday \$10.99

The Think Sun Pre-School Academy
Where the fun begins...

Music Art
Intro-French Play



10, 5555 Strathcona Hill S.W.
403-240-4466 • www.thinksunpreschool.com

GRACE LUTHERAN CHURCH
3610 Sarcee Road S.W. - 403-249-8562
www.calgarygracelutheran.com

Is your vision a little blurry lately? We may not provide laser surgery, contacts, or glasses, but we can give you a new vision on life with the help of God.

Our FALL SCHEDULE BEGINS
Sunday September 12th, 2010
10:00 am Classes - for ages 3- 104
11:00 am Worship Service - for all ages
COME JOIN US!!

Sandra Goebel
Registered Massage Therapist

By appointment: 650-9455

Private Home Practice in
Signal Hill S.W. Calgary

Relaxation, Therapeutic, & Pregnancy Massage
Specializing in stress relief & emotional well being.
Gift certificates Available



Visit Signal Hill's Pet Store at Sirocco Dr & 17th Ave

☎: 403.452.OPET (6738) Signature Parke Plaza
* : optimalpetfoods.com 428, 1919 Sirocco Drive SW

Enjoy TWO events on ONE day!

CAR TRUNK SALE

Saturday, Sept. 11
9 a.m. to noon • in the joint-use-site
parking lot (Sienna Park Drive)

& COMMUNITY SPIRIT BARBECUE

Saturday, Sept. 11
5 p.m. to 8 p.m.
joint-use-site
(Sienna Park Drive)

Everyone loves a garage sale so head down to the joint-use-site parking lot from 9 a.m. to noon on September 11 and browse through all the car trunks. Then plan to attend the Community Spirit Barbecue from 5 p.m. to 8 p.m. at the joint-use-site.

See you there!

New Date! New Sale!

As those who participated in the Car Trunk Sale on May 29 know, the idea of a community garage sale is terrific, but actually having it in cold, snowy weather isn't that much fun. Since there was so much enthusiasm for the idea of a portable group garage sale, even from the chilly folks trying to sell their wares in May, the SHCA Board has decided to try again.

Keeping our fingers crossed for a great fall day, we will be re-hosting the Car Trunk Sale on September 11, 2010 from 9 a.m. to noon. The sale will take place in the parking lot at the joint-use-site, just north of Battalion Park School. Once again, the SHCA will take care of the advertising and all participants need to do is arrive at the rink with their wares ready to be displayed in and around their vehicles. This is an ideal way to dispose of small items you no longer need, or, if you're like me, an inexpensive way to add new things that you

never realized you wanted to your already existing clutter.

September 11 will be a busy day, as the Trunk Sale is not the only event on the SHCA agenda. Fall brings many great things, including autumn leaves, a return to school, and of course the Signal Hill Community Spirit Barbeque. To make sure everyone has had a chance to settle into their back-to-school routine, we have re-scheduled this year's barbeque for September 11, 2010. Once again, there will be games for the kids, entertainers, and the ever-popular bouncy castles. We'll be getting underway at 5 p.m. and keeping the fun going until 8 p.m.

Once again, there will be great food and a discount on tickets for community members. Since our membership year runs from September 1 to August 31, we will have memberships available for purchase at the barbeque, so that residents can take advantage of the

discount for the barbeque as well as getting their membership set up for the coming year. Tickets for the barbeque will be \$5/person for SHCA members, and \$7/person for non-members. Your ticket provides not only a meal and drink, but also access to all of the games and entertainment we have arranged.

The barbeque will be at the Battalion Park joint-use site. You may have noticed the improvements in the site over the past year; we've been working on the trees and plants, and this year we're turning our attention to the gazebo, which will be getting benches so that it will be a more usable space. We hope you take this opportunity to come down and enjoy your park!

Please e-mail Christine Sinclair at social@shca.ca to register for the sale or for more information regarding the Community Spirit Barbeque. §