

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 |

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President's Message

By Simon Batcup

Firstly, I would like to wish our new Alderman, Richard Pootmans the very best of luck in his new role. As a board, we look forward to his input and leadership at City Hall. I have already talked with Alderman Pootmans on a few topics. At the top of the list: traffic on Sierra Morena Blvd. and Sierra Morena Road — more about that in future articles.

To reach Alderman Pootmans email ward6@calgary.ca or call (403) 268-1035. Assistants Kathy Morgan and Kim Stark are available to help you.

Black bins

So, black bins are on the way, in the interests of reducing injuries on garbage routes, the bins will be introduced shortly and will be picked up in the same manner as our blue bins.

Where we are going to put these bins is beyond me, my garage is already full enough, but that's another issue! More to the point, in a recent article in the Calgary Herald, the city was complaining its landfill diversion target of 28 per cent was unmet — it's currently diverting only 25 per cent through the blue box program.

How is the black bin going to help those targets? As I mentioned in a previous story, the city should be introducing a green box compostable waste program. This year as in previous years, any compostable waste you put on the curb side; leaves, food waste, grass, makes its way to the landfill. Moving the composting process to the city would accomplish the city's goals and provide a product that the city can subsequently use. If you agree with me, let your Alderman know.

Trees

Are you still planting trees in our

neighbourhood? If you are, let us know, just email trees@shca.ca and let us know what you planted, the more trees the merrier.

Volunteer directors NEEDED!

Are you an architect, or do you have experience in building or developing. If you have a couple of hours a month, we can use your help. Any time a resident in our community requests planning permission, the SHCA reviews the application. We are currently in need of someone with development expertise to assess these applications. If you feel you can help, please contact me at president@shca.ca

Alternatively, would you be interested in helping to maintain our membership lists, we are in need of someone to do this also. Let me know at president@shca.ca. And speaking of new directors, I would like to welcome Blake McWilliam to the board as Police Liaison. Blake is a retired superintendent from the Calgary Police Service and will be a huge asset to the SHCA going forward. Thanks for stepping up Blake.

Cleaning your walk

It is that time of year again so please make sure you clean your walks within 24 hours of a snow fall and hey, be a snow angel and clean your neighbour's driveway and sidewalk, especially if they are seniors or infirm. It will make them and you feel great!

As always, thanks for reading! If there is anything on your mind, please send an email to president@shca.ca. And if you have something you want to share with the community, write me about that too, if it passes the critical eye of our editor, it might even make it into the Beacon.§

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

www.shca.ca

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

Community Liaison

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Traffic	Nimish Rathod . . .454-5797 traffic@shca.ca
Social	Christine Sinclair social@shca.ca
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Greening	Gordon Hutton . . .246-8924 greening@shca.ca
Membership	vacant

Community Contacts

Care West Signal Pointe	Lynn-Ann LeClair240-7954 lynnann.leclair@calgaryhealthregion.ca
Calgary Regional Health Services	Shaganappi District Office242-0210
Girl Guides	Christine McGavern, District Commissioner sarceehills_district@hotmail.com
Police	PACT registration290-2990 Cst. Acosta-King Community Liaison Officer249-7701
Signal Hill Library	Sharon Wirzba221-2000

Elected Officials

Alderman, Ward 6	Richard Pootmans.....268-1035 ward6@calgary.ca Kathy Morgan (Asst) Kim Stark (Asst)
Mayor, Calgary	Naheed Nenshi
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

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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
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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

Become a member of the Signal Hill Community Association!

By purchasing a SHCA membership for just \$25 (\$20 for seniors 60+), you're helping us operate and maintain your neighbourhood amenities including the ice rink and pleasure pond your family enjoys skating on, 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 fun-filled social events such as the annual Children's Christmas Party, Community Spirit Barbecue and the new Trunk Sale.

Without revenue from memberships, the only other source of funding to operate and maintain your

community is through casinos, which are only available for the SHCA to hold every 18 months. If this funding were to disappear, it would become very difficult to operate and maintain our community amenities. That's why it's more important than ever to buy a community membership.

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.

Purchase a membership at Signature Medicine Centre Pharmacy located just off Sirocco Dr. in Signature Parke Plaza, purchase online at www.shca.ca or fill out the form below and send it in.

Thank you for your support!!!

Support the community you enjoy everyday!

Signal Hill 2011

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Signature Parke
Sienna Hills
Sienna West
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- Fundraising
- Greening
- Membership
- Newsletter
- Parks & Recreation
- Schools
- Seniors
- Social
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- Traffic
- Public/Family Skating
- General assistance

Thank You

Payment

2010/2011 SHCA Membership \$ 25.00 _____
Seniors' discount (60+) - 5.00 _____
Total _____

Make a cheque payable to "Signal Hill Community Association",
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NL

Community Girls Have Fun With A Purpose – You Can, Too!

By Christine McGavern, District Commissioner

With over 250 girl members in our Sarcee district, Girl Guide units in our communities are having a fun and busy fall! You may have seen us at your door in October selling our delicious mint cookies (if you missed us, write sarceehills_district@hotmail.com and we will try to connect you to some!) However, guiding is more than cookies!

Units this fall did outdoor games, nature hikes and science experiments. Girls from five to 17 enjoyed giggly nights up late at sleepovers; learned more about managing money; and discovered new abilities in singing, acting and dancing. Most importantly, these 250 plus girls have started to make great new friendships in a supportive, energetic and non-competitive environment.

Girl Guides of Canada-Guides du Canada is the largest volunteer-run organization for girls and women in Canada. No previous experience is needed to get involved – and it's not just for younger kids! Sparks are Grades

K and 1; Brownies Grades 2 and 3; Guides Grades 4 to 6; Pathfinders Grades 7 to 9; and Rangers Grades 10 to 12. There are also opportunities for older teens and adults as leaders and more!

Meetings are weekly and last from one to two hours depending on the age group. Regular meeting activities, run by volunteers, include science exploration; experiencing the arts; active, non-competitive games and sports; camp and outdoor skills; outdoor activities; and much more! Girls also have the chance to explore age-appropriate overnight adventures, with cooking, crafts, and survival/outdoor skills in a camp environment.



Limited spaces for this season in all levels are still available, but they are going fast. For more information on registering or to inquire about a sample meeting, email sarceehills_district@hotmail.com or visit www.girlguides.ca or www.calgarygirlguides.com. Get Going – Get Guiding!§



Signal Hill girls playing for Chinook Athletico Girls U16 (Tier 2) team won gold at the Girl's Kickoff Tournament, played Sunday, Nov. 21, 2010 in Red Deer, AB. A fabulous undefeated beginning to their season! This early season tournament served as a benchmark for what we hope will be an upcoming run to the Provincials.

Back Row L to R: Coach Pat, Denise, Taylor, Madison, Logan, Morgan, Erin, Merissa, Nastassia, Jordan. Middle Row L to R: MJ, Matthea, Nicole, Cassia, Joisee, Suzie. Front Row L to R: Sara, Amy, Tylar.

Be a good neighbour!
Shovel the driveway and sidewalk of seniors on your street who are unable to do the work!
If you need help with snow removal or can help with shovelling call Sherry at (403) 249-2233.

Alderman's Report

Richard Pootmans, Ward 6

First and foremost, thank you for your support during the recent election and for the privilege of serving as your Alderman. As I indicated when I spoke with constituents during the door-to-door campaign and through campaign brochures, I intend to meet regularly and work together with the residents of Ward 6. Throughout the campaign, I met with senior administration officials to discuss traffic and LRT issues. I now look forward to working together with our mayor and city council as we face the difficult choices and find the right solutions for resolving our challenges with growth.

I will also be meeting and working with all community associations to support the development of our communities. I will seek to ensure that we have the city services that will provide the best quality of life and meet the needs of residents to make us better socially, economically and environmentally.

As your Ward 6 Alderman, I look forward to developing a successful relationship with the city, setting a standard for social responsibility and to sustain our city financially. I have chosen the following boards and committees to serve on for the next year: Finance and Corporate Services, Land Use Planning and Transportation, Audit Committee, Intergovernmental Affairs, Land and Asset Strategy Committee, Aldermanic Office Coordinating Committee and the Convention Centre Authority.

I am very grateful for the honour of being able to work with you over the next three years. Please contact my office, located at Historic City Hall, at any time. Kathy Morgan is my executive assistant and you can call her directly at (403) 268-1646, or alaaw6@calgary.ca. Kim Stark, my constituent assistant, can be reached directly at (403) 268-1035, or alcaw6@calgary.ca. Again, thank you Ward 6!



Richard Pootmans

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



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MLA Report

Ron Liepert, Calgary West

I would like to take this opportunity to wish everyone the best of the season and a happy 2011. This past year was more predictable than 2009 as the global economy emerged from the recession. While natural gas prices remain weak our provincial economy has recovered nicely, primarily due to strong oil prices.

Alberta will continue to run a deficit in the coming year due to higher education and health spending and reduced revenues from natural gas. We are fortunate however to have a \$13 billion savings account (not to be confused with the \$15 billion Heritage Savings Trust Fund) to draw on so we can continue to provide the highest standards of health

care and education in the country. Our budget is in a surplus operating position and the savings we can draw on allows us to continue a huge capital construction program. While some are calling for drastic reductions in capital spending, necessary infrastructure and the jobs created as a result are critically important.

This policy has resulted in the completion of the new West Springs School and expansion of the Westside Recreation Centre. All constituents continue to see the progress of the new high school, the Signal Hill Library and of course the LRT.

One area of interest from constituents has been

Alberta's action on distracted driving. Traffic congestion, longer commutes and hectic lifestyles are just a few factors that can cause driver distractions. Combine these with Christmas shopping, winter road conditions, the temptations of modern technology, the desire to stay connected to the office at all times and a false sense of security — and multi-tasking behind the wheel becomes an alluring trap. Numerous studies indicate 20 to 30 per cent of all collisions involve driver distraction and distracted drivers are three times more likely to be involved in a collision than attentive drivers.

Alberta's new, Traffic Safety (Distracted Driving) Amendment Act, 2010, restricts the use of hand-held cell phones and activities like texting, reading, writing, personal grooming, and the use of other electronic devices while driving. This bill complements the current driving without due care and attention law — a serious offence with a fine of \$402 and six demerit points — by giving law enforcement agencies more flexibility in dealing with a wider range of driving behaviours.

I would also like to take this opportunity to congratulate all the individuals who stepped up to participate in the mayoralty, aldermanic and school board elections. It is great to see an active community engaged in such important roles in our area.

On a more personal note, I would like to inform all my constituents that I have moved my constituency office to the new Springborough Professional Centre. This building is in the heart of the community and I am surrounded by great neighbours who include Westside Rec Centre, the New West High School and Ambrose University College. The new address is: Suite 230, 30 Springborough Blvd. SW, Calgary, Alberta T3H 0N9.

As the MLA for Calgary-West I am always available to assist constituents. If you have any questions or concerns you may contact my office at (403) 216-5439 or calgary.west@assembly.ab.ca. For more information on provincial government related issues and constituency matters please visit my website at www.ronliepert.com or sign up for my e-newsletter at <http://liepert.mypcmcla.ca>



Ron Liepert



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Cold Or Flu: How To Tell The Difference

News Canada

Cold and flu season is upon us once again in Canada. It is estimated that 10 to 25 per cent or between four to eight million Canadians get the flu each season and the average Canadian experiences three to four colds each year. The question is, is it a cold or is it the flu? The problem is, many people can't tell the difference — but it's important they know the difference, especially for people over the age of 65, pregnant or living with a chronic illness.

Influenza, or the flu, is a common respiratory illness caused by infection with a flu virus. Coughing and a sore throat are common flu symptoms, but these might also be symptoms of a cold. A cold is a contagious viral disease that infects the soft lining (mucous membrane) of the nose. There are more than 100 different viruses that can result in a cold and the characteristic symptom is a runny nose, although some flu symptoms overlap.

“A good way to tell the two apart is to look at the onset of symptoms. If they come on rapidly and are quite severe, chances are you have the flu. If your symptoms come on slower and milder it's likely just a cold,” says Dr. Anthony D'Urzo, Associate Professor in the Department of Family and Community Medicine, Faculty of Medicine, University of Toronto.

According to the World Health Organization (WHO) and the Public Health Agency of Canada (PHAC), populations most at-risk for developing serious complications from seasonal flu include: Canadians 65 years and older, pregnant women, and those with chronic medical conditions such as diabetes, heart disease, cancer, chronic obstructive pulmonary disease (COPD) and asthma.

People in these categories should try to avoid getting the flu at all costs because they could develop pneumonia, dehydration and worsening of chronic medical conditions which can lead to hospitalization or even death. Wash your hands often, get the flu shot, keep your distance from infected people so you can avoid getting sick. But if you do, be sure to see your doctor as soon as symptoms appear so you can get treated and avoid getting sicker and to stop the spread of the virus. Getting the flu is more than wintertime blues for anyone who falls into one of these categories.

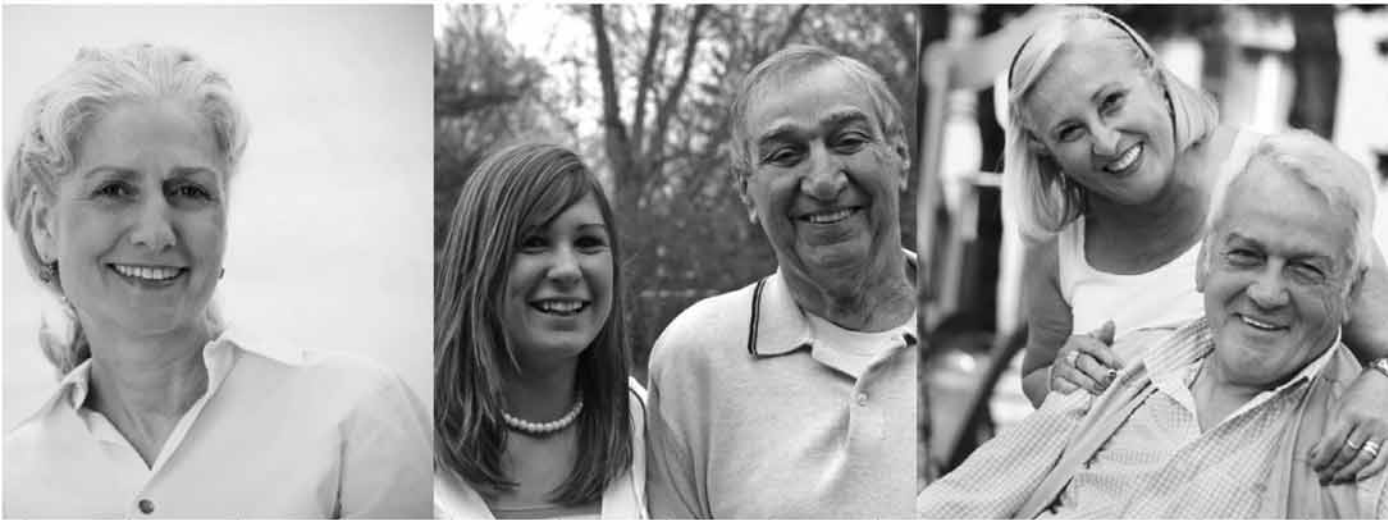
For more information call the toll-free Lung Health Information Line at 1-888-344-LUNG (5864).§

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Five Things You Should Ask About Gift Cards

News Canada

Gift cards and other prepaid cards have become a popular gift-giving option. But they can cost more than the amount printed on the front — and they can mean costs for the gift recipient, too. Before you buy a prepaid card as a gift or for yourself, make sure you know all the costs and conditions these cards carry.

What fees apply? Fees vary by card. There may be a fee for activation, making purchases, checking your balance, customizing, replacing or loading more money onto your card. There may also be monthly maintenance or dormancy fees. Make sure you understand all terms and conditions and pass this information to the gift card recipient.

Where can the card be used? Retail cards can

generally be used only at a single store or group of stores, such as a chain or a shopping mall. Other cards that are branded with a payment card network's logo, such as Visa, MasterCard or American Express, can be used with most merchants.

Will the card expire? It might. Check the terms and conditions. Be sure to ask what happens to the money on the card if it expires.

What happens if the card is lost or stolen? Keep proof of payment or provide it to the person receiving the card. Some issuers may replace the card, although they may charge a fee to do so.

Do I have other payment options? Compare the costs and benefits of using gift cards

versus other forms of payment. For gift-giving, cash might be a better choice. If you're buying for yourself, a debit or credit card may have lower fees or be more convenient.

The Financial Consumer Agency of Canada has more information on prepaid cards at fcac.gc.ca.



Canadian Women Should Have Their Own Will

News Canada

Making a will is a sensible and worthwhile task that everybody, at whatever age or financial status, should do. However, there are some special reasons why Canadian women should be sure to make a will of their own.

- Women usually live longer than their husbands. It's a good idea for each of you to have your own will when you're both alive. After the death of one spouse, changing circumstances may mean you want to write a new will, but having a will in the first place is an important step.
- Planning for children or other dependents is something that women usually want to pay special attention to.
- Taxes and legal concerns (especially if there was a previous marriage or other dependents) should be looked at.
- Many women will want to make special arrangements for the distribution of family heirlooms, jewellery, items of historical or sentimental value, and their own property.
- Continuing the support for groups and organizations that many women generously support during their lifetimes maybe a consideration in preparation of a will.

With a properly prepared will you can ensure that property will be distributed exactly as you would have wished and not on an

arbitrary basis; you can name your own executor to administer your estate; guardians of children will be named the way you want; personal items such as jewellery and antiques will be handled the way you intend; individuals, and organizations and good causes such as health charities and human rights organizations like Amnesty International, will receive the support you had always intended for them.

If you do not have a will, now is the time to prepare one. While a will does not need to be a complicated document, it is always advisable to contact a lawyer or trust company to help you. The peace of mind that comes from ensuring there are no small mistakes or omissions which will cause difficulties in future years is well worth the cost of such services.

What to do when preparing a will:

1. Renounce any previous wills to avoid possible confusion later.
2. Name an executor — the person who will carry out your instructions as you would wish.
3. Make preparations to take care of your dependents — provide for your immediate family first.
4. If you have children under 18 years of age,

consider naming a guardian.

5. Consider whether you want to include specific gifts to friends, relatives or charities.
6. Decide who to give whatever remains of your estate after all other family and friends are taken care of.
7. Leave instructions for your funeral arrangements.

Can I change my will?

Yes, you can always change your will, either completely, or by means of a codicil, which is a document that adds to or alters your existing will. You should seek legal advice to do this as legal requirements vary from province to province.

Should I leave money to a good cause?

The tradition of leaving money to organizations that benefit society and your community is many centuries old. Today, people at all income levels support health charities and human rights organizations like Amnesty International through their wills. Such bequests are a vital source of funds for a number of organizations and stand as a lasting memorial to the deceased. For individuals who feel they cannot afford to make a large donation to a cause they support during their lifetime, a bequest in a will can be a good way to make a lasting contribution. §

Guaranteed Investments Are A Sure Bet For RRSPs

By Sarah Twomey, News Canada

If the recent financial crisis and subsequent recession have left you dazed and confused, you're not alone. Canadians are now looking for ways in which they can grow their retirement savings safely and securely. We asked Michael Aziz, regional vice president of investment product sales at Desjardins Financial Security, for his opinion about alternative investment options during this RRSP season.

"One good way to protect your nest egg against market fluctuations is to consider conservative products like the Guaranteed Interest Account (GIA) or the Guaranteed Interest Certificate (GIC)," said Aziz. "Unlike mutual funds or stocks, guaranteed interest products like these pay a steady and predictable income."

What's the difference between a GIA and a GIC?

Both investment options are debt instruments that are designed to pay a steady income, making them good options for those who don't have a pension. But the key differences between the two are how they are sold and how they are managed. A GIA is a contract that is sold by life insurance companies. The insurance company is then legally obliged to ensure that it can pay interest to the GIA contract. GIAs are insured by Comcorp. By contrast, GICs are sold in banks, credit unions and other kinds of financial institutions. All GICs are insured by the Canada Deposit Insurance Corporation (CDIC).

How long are the investment periods?

These investments can be purchased for terms that suit you, like 30 days or 10 years for example.

What are the advantages and disadvantages?

The main advantage of GIAs and GICs is that they both offer a predictable return. But their disadvantages are different. Because the GIA is a contract, you do lose some control and flexibility. One key disadvantage of the GIC is that its low-risk design could mean that your money earns similarly low returns. However, it's possible to purchase redeemable GICs that allow early deposit redemption without penalty.

What about death and taxes?

When it comes to estate planning, a GIA may be more beneficial because it includes a guaranteed death benefit. Provided a beneficiary is named in your will, the GIA proceeds will bypass probate and go directly to them. However, the proceeds from a GIC are not paid directly to the beneficiary until death taxes and other fees are paid.

Where can I find more information?

It's always best to have a discussion with your financial advisor because he will be able to offer you solutions that best suit your particular situation. However, more immediate tips on creating a solid retirement savings strategy can be found at www.desjardinslifeinsurance.com



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Steps To Lower Bad Cholesterol Quickly

News Canada

You've just left the doctor's office where you've been told you have hyperlipidemia, you're somewhere around 6.21 mmol/L (or 240 mg/dL). You've also learned an entirely new vocabulary of words such as triglycerides, lipoproteins, HDL, LDL ... can it be any more confusing? Before you hit the books spending the next few days educating yourself on how to get your cholesterol under control, take comfort in knowing there are some steps you can take to help manage your levels today.

Health claims made by a growing number of food products at your local grocery store are making it even easier to improve your overall health. Making simple diet modifications and taking the time to exercise, can help you manage your cholesterol levels, and a reduction in cholesterol of approximately 10 per cent may be achievable. But what exactly does "combined with a healthy diet and exercise" mean when it comes to lowering cholesterol levels? Registered dietitian Amanda Schwartz provides some clarity with the following tips.

Tips to lowering your cholesterol levels

1. Add plant sterols to your diet. Naturally found in veggies and fruit, these compounds have now been approved by Health Canada for foods such as Astro BioBest probiotic yogurt with plant sterols. Each 100g serving is enriched with 50 per cent of the daily amount of plant sterols recommended to help lower your LDL or "bad" cholesterol.

2. Hop on the scale. Being overweight not only raises total blood cholesterol levels, it throws your cholesterol levels out of balance, raising levels of LDL cholesterol (the harmful kind of cholesterol that clogs blood vessels) and lowering levels of HDL cholesterol (the good kind of cholesterol that helps clear blood vessels).

3. Get on the move. Run, bike, swim — you don't have to embark on a triathlon, but by doing vigorous, aerobic exercise for 30 minutes each day for five days a week, you can positively impact your cholesterol levels by increasing HDL.

4. Eating well equals forethought. Planning meals ahead makes it easier to live healthy. Have veggies and fruits pre-cut and washed for convenient snacks to help you reach that goal of five to 10 servings a day, consider eating fish twice a week as recommended by some medical experts and make time to eat a healthy breakfast to boost your metabolism and maintain a healthy weight.

5. Get flexible in the kitchen — recipes are just suggestions, so feel free to modify. Try adding a little fibre to your muffins, sauté with olive oil instead of butter, bake or grill instead of frying and when you're baking cut the fat (such as butter and oil) by half and replace it with mashed bananas or apple sauce to produce a moist product.

By making these simple lifestyle modifications you can maintain healthy cholesterol levels and significantly reduce your risk of heart disease. More information on making healthy food choices can be found online at www.astro.ca.

Joy & Peace
at Christmas

*Please join the family of
Richmond Hill Baptist Church
as we celebrate the joyous season
of Christmas*

Sunday, November 28 Hanging of the Green Service First Sunday of Advent	10:30 a.m.
Friday, December 3 Children's Christmas Skating Party at the UC Olympic Oval	6:30 p.m.
Sunday, December 5 Second Sunday of Advent Worship Service	10:30 a.m.
Friday, December 10 Christmas Carols & Celebration Concert	7:00 p.m.
Sunday, December 12 Third Sunday of Advent Worship Service	10:30 a.m.
Sunday, December 19 Fourth Sunday of Advent Worship Service	10:30 a.m.
Friday, December 24 Christmas Eve Service	5:00 p.m.
Sunday, December 26 Lord's Supper Worship Service	10:30 a.m.

Richmond Hill Baptist Church
Connecting with God, His Word, His Church, His Mission

7251 Sierra Morena Blvd SW
Calgary, Alberta
Phone: 403-242-1256
Website: www.richmondhillbaptist.com

Everyone Welcome!!

Signal Hill Library

Hours:

Monday to Thursday: 10 a.m. to 9 p.m.

Friday and Saturday: 10 a.m. to 5 p.m.

Sundays: 12 p.m. to 5 p.m.

calgarypubliclibrary.com

(403) 221-2000

Happy holidays! After the rush of holiday preparations and celebrations is over, why not relax with a great book or movie? Did you know that the Library now carries Blu-ray discs? Check out the wide variety of Blu-ray movies available to borrow by visiting our online catalogue at calgarypubliclibrary.com.

Do you want your story to be read to you as you relax, travel, or get other things done? The library has a huge collection of Book CDs and MP3s for all ages. Check out the selection next time you're in the library.

Do you spend a lot of time with your computer? The CPL website offers e-books,

e-audiobooks, magazines, newspapers, and more online. No matter what age you are, there always are new ways to explore, enjoy, and grow at calgarypubliclibrary.com!

What's happening with the Signal Hill Library expansion project? Progress is being made every day with completion expected early in the New Year. The finished, expanded space will be bright, spacious and welcoming. You can look forward to an additional 7,000 square feet, more items to borrow, a new computer area, more self checkouts, increased programming space, more seating and quiet study space and enhanced areas for adults, seniors, ESL customers, children and teens.

We look forward to sharing our new library with you soon! Watch for the January to April 2011 Program Guides, available mid-December, for a listing of our programs. A full slate of programs will begin in our

renovated spaces in mid-March, but be sure to watch for information posted in the Library about additional drop-in programs.

Register for programs online at calgarypubliclibrary.com or call (403) 260-2620. Be sure to have your library card handy. Please note that all Calgary Public Library locations will be closed Christmas Day, Boxing Day, and New Year's Day. See you soon at the Signal Hill Library!§

STAY IN THE LOOP

www.shca.ca

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

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Schools And Religious Facilities

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.

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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

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Community Classifieds

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.thethinksunpreschool.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.

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.

Be a good neighbour! Shovel the driveway and sidewalk of seniors on your street who are unable to do the work!
If you need help with snow removal or can help with shovelling call Sherry at (403) 249-2233.



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Christmas Eve Candlelight Service at 5:00 & 7:00 pm
Christmas Morning Service at 10:00 am
Weekly Sunday Worship at 11:00 am

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Signal Hill Rink Schedule

LARGE ICE SURFACE

Sundays

9 - 11 a.m. - Trails West Practice
11:15 - 1 p.m. - Family Hockey
1 - 4 p.m. - Family/Public Skating
4 - 8 p.m. - Family Hockey
8 - 9:30 p.m. - Adult Hockey

Mondays

4 - 8 p.m. Family Hockey
8 - 9:30 p.m. - Adult Hockey

Tuesdays

6 - 8 p.m. - Family/Public Skating
8 - 9:30 p.m. - Adult Hockey

Wednesdays

4 - 6:30 p.m. - Family Hockey
6:30 - 8:30 p.m. - Grass Roots Hockey

Thursdays

6 - 8 p.m. - TBA
8 - 9:30 p.m. - SHCA Members Hockey

Fridays

4 - 8 p.m. - Family Hockey
8 - 9:30 p.m. - SHCA Members Hockey

Saturdays

9 - 11 a.m. - Trails West Practice
11:15 - 1 p.m. Family Hockey
1 - 4 p.m. Family/Public Skating
4 - 8 p.m. Family Hockey
8 - 9:30 p.m. Adult Hockey

All times may be adjusted to accommodate rink volunteers and cleaning of ice surface.

Holidays follow weekend schedule.

NO STICKS OR PUCKS ALLOWED

on the large ice surface during Family/Public Skating times.

SMALL ICE SURFACE

Everyday, All Day, Family Skating
NO PUCKS OR STICKS AT ANY TIME
(This includes the scheduled times for Family/Public skating on the large ice surface.)
Both ice surfaces close nightly at 9:30 p.m.