

# The Signal Hill Beacon™

The official newsletter of the Signal Hill Community Association

Representing residents and businesses of:

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

## Highlights

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## President's Message

By Simon Batcup

### Traffic Concerns

Do you know that there are over 20,000 cars a day travelling down Sierra Morena Boulevard? In 2008, 20,000 cars a day was the volume of traffic the city recorded on roads like Richmond Road and 37 Street. As more communities develop west of Signal Hill, more popular stores open in Westhills Towne Centre and Signal Hill Centre and traffic tie-ups increase on 17 Avenue due to LRT construction, this volume will only grow.

Why is this such a huge issue? Because Sierra Morena Blvd. is a neighbourhood street, meant to handle under 10,000 cars a day SAFELY. Did you know that of those 20,000 cars, about 16,000 of them are just passing through? The majority of cars going down that road are working their way through our neighbourhood in the morning to go to work or in the evening on their way home to communities to the west.

The SHCA is working with a growing group of concerned citizens and stepping up the campaign with the city to find a way to reduce this volume with some kind of traffic restrictions. Our neighbours living on Sierra Morena Blvd. and Sierra Morena Road have to put up with a continuous flow of traffic, speeding, noise, pollution and safety concerns. This also has broader implications for the whole community such as traffic overflowing into other parts of the community, lower property values and difficulty in maintaining trees on these roads. If nothing is done, the situation will only get worse as more communities develop to the west.

Read more in the traffic article on page 4 and go to [www.shca.ca/morenatraffic](http://www.shca.ca/morenatraffic) to add your name to our growing list of supporters. As well, if you feel you have ideas as to how to reduce this growing flow of traffic; make

your thoughts known by sending an email to [sierramorena@shca.ca](mailto:sierramorena@shca.ca).

### SHCA Annual General Meeting

If learning about what we plan to do for the community for the next year is not enough of an incentive, come and meet Angela Knight from CBC Radio's morning show, The Calgary Eyeopener. Angela will be joining us for the meeting so mark your calendar and get involved.

### Graffiti

Do you have graffiti on your property? Do you want to get rid of it? There is a Graffiti Abatement Program made available to private citizens that will help share the cost of cleanup. The website address is too long to put here, but go to [www.calgary.ca](http://www.calgary.ca) and search for Private Graffiti Abatement Program and check out the first page in the list. It has been proven that removing graffiti quickly increases the likelihood that new graffiti will not appear. If you see Graffiti on fences surrounding the neighbourhood, report that too. Property values can only improve if we work to eliminate unsightly graffiti.

### SHCA website

Have you visited our website recently? With the help of our two fine, young webmasters; Marco and Paolo our website is now more current and relevant and promises to stay that way. Already we have the following: the ability to purchase your SHCA membership online; the latest events in our community, updated regularly, including access to traffic and construction info; online access to book the outdoor ice rink facilities; and online archive of the Signal Hill Beacon.

If you have any thoughts on what else you would like to see on the website, email me at [president@shca.ca](mailto:president@shca.ca). Watch for more changes in coming months and bookmark [www.shca.ca](http://www.shca.ca).

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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**

## SHCA Board of Directors

<b>President</b>	Simon Batcup . . . . .217-3625 president@shca.ca
<b>1st Vice President</b>	vacant
<b>Secretary</b>	James Eamon . . . . .246-7153 secretary@shca.ca
<b>Treasurer</b>	Sue Luciuk . . . . .249-2597 treasurer@shca.ca
<b>Communications</b>	Sherry Butt . . . . .249-2233 beacon@shca.ca sherrybutt@shaw.ca
<b>Maintenance</b>	Don Dejewski . . . . .860-8431 maintenance@shca.ca

### Community Sports & Programs

<b>Soccer</b>	Kevin Welte . . . . .685-5184
<b>Joint-Use-Site</b>	Shawna Waller . . . .668-0646 rink@shca.ca

### Community Liaison

<b>Business</b>	vacant
<b>School</b>	Theresa Roessel . . .266-1536 school@shca.ca
<b>Police</b>	Mel Rampersad . . .246-6454 police@shca.ca
<b>Traffic</b>	Nimish Rathod . . .454-5797 traffic@shca.ca

<b>Social</b>	Christine Sinclair social@shca.ca
<b>Fundraising</b>	Laurie Wilson-Temple .242-6348 fund@shca.ca

<b>Greening</b>	Gordon Hutton . . .246-8924 greening@shca.ca
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<b>Membership</b>	Iqbal Nurmohamed .246-4452 membership@shca.ca
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## Community Contacts

<b>Care West Signal Pointe</b>	
Lynn-Ann LeClair . . . . .240-7954 lynnann.leclair@calgaryhealthregion.ca	
<b>Calgary Regional Health Services</b>	
Shaganappi District Office . . . . .242-0210	
<b>Girl Guides</b>	
Cynthia Zuidema . . . . .240-2662	
Shelly Young . . . . .246-2289	
<b>Police</b>	
PACT registration . . . . .290-2990	
Cst. Acosta-King	
Community Liaison Officer . . . . .249-7701	
<b>Signal Hill Library</b>	
Sharon Wirzba . . . . .221-2000	

## Elected Officials

<b>Alderman, Ward 6</b>	Joe Connelly . . . . .268-2430 joe.connelly@calgary.ca Bernie Gristwood (Asst) alaaw6@calgary.ca
<b>Mayor, Calgary</b>	Dave Bronconnier
<b>MLA, Calgary West</b>	Ron Liepert . . . . .216-5439 calgary.west@assembly.ab.ca Laura Wells (Asst) . . .216-5439
<b>MP, Calgary West</b>	Rob Anders . . . . .292-6666 AnderR1@parl.gc.ca
<b>Senator</b>	Hon. Dan Hays . . . . .244-3111

## City of Calgary

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

<b>Police (non-emergencies)</b> . . . . .266-1234
<b>EMS (non-emergencies)</b> . . . . .261-4000
<b>Fire (non-emergencies)</b> . . . . .264-1022

### City Facilities Recreation Program

Registration . . . . .268-3800
Booking Recreation Facilities
And Parks . . . . .268-3800

### Calgary Transit

Route/Schedule/General Info . . . . .262-1000
---

<b>Sports</b>	
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 fulfilled 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](http://www.shca.ca)

Thank you for your support!!!

**BUY YOUR MEMBERSHIP ONLINE AT WWW.SHCA.CA**

*Signal Hill 2010*

Community Association Membership valid from  
September 1, 2009 - August 31, 2010

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:

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- 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**

2009/2010 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

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## Traffic Update

By Nimish Rathod, SHCA Traffic Director

A group of frustrated residents once again met with Alderman Connelly and expressed deep concerns over the lack of initiatives from the city administration on this important issue affecting our community. Connelly has promised to arrange another meeting with traffic planning to jointly explore opportunities. We believe that there are several measures available at the city's disposal that have been used effectively in other communities to address various traffic issues that need to be fully explored in this case.

The SHCA has emphasized that status quo is not an option and we want to see an action plan from the administration with a time commitment. Several residents have suggested public awareness campaigns starting with street signs and potentially

engaging media to spread the awareness among neighbouring communities and different government bodies. A group of residents/volunteers are currently working on this initiative.

As part of the strategy, we have created a dedicated webpage [www.shca.ca/morenatraffic](http://www.shca.ca/morenatraffic) to provide regular updates. Please visit the website from time to time for more information. As Simon pointed out in the cover article, consequences of inaction are widespread for the whole community. I suggest that you make your concerns known to our Alderman at [Joe.Connelly@Calgary.ca](mailto:Joe.Connelly@Calgary.ca). Please include your home address in the email to make it effective. I would also recommend that you copy your email to [sierramorena@shca.ca](mailto:sierramorena@shca.ca). We understand that this has been a slow

process so far, however, with the collective efforts of the community association and residents we can certainly force the city to act.

### Speeding in the community

On another note: In the spirit of "thinking globally and acting locally" this is a plea to all drivers to please, SLOW DOWN in our neighbourhood. Two specific areas come to mind: around Batallion Park School and alongside the soccer fields and park on Sirocco Drive. Both of these roads have a 30km/h limit, yet people in a rush feel the need to flagrantly disobey these limits.

PLEASE SLOW DOWN IN PARK AND SCHOOL ZONES, then if you could keep it below 50 elsewhere, I know your neighbours would thank you.§



**The Signal Hill Arsenal Girls U16 (Tier 3/4) team won a gold medal at the President's Cup Tournament, played Sunday, May 24, 2010 in Calgary. A fabulous finish to the May long weekend!**  
**This early season tournament served as a benchmark for what we hope will be an upcoming run to Provincials.**  
**Back Row L to R:** Lynda(manager), Taylor, Megan, Gillian, Marina, Mikayla and Mary.  
**Middle Row L to R:** Lisa, Holly, Breanna, Ginny, Taylor, Manika and Denise.  
**Front Row L to R:** Nicole, Marisa, Brienna, Chelsey and Maddie.  
**Coaches:** Paul, Mike and Jan.

## Battalion Park School Global Initiative

Submitted by Jane Jessiman, Principal

"The true meaning of life is to plant trees, under whose shade you do not expect to sit."  
—Nelson Henderson

"You must be the change you wish to see in the world."  
—Mahatma Ghandi

Battalion Park School is a vibrant learning community which actively lives its motto of "Building Bright Minds through Academic Excellence, Personal Development and Citizenship." Students strive to make a difference through their involvement in local and global initiatives. It is not uncommon to walk through the hallways witnessing students engaged in local school service jobs, making sandwiches for the Calgary Drop-In Centre, stuffing socks for the "Warm Feet" project, sorting food for food drives, or raising funds for our partner school in the Dominican Republic.



Our students pen pal regularly with students from the Maria Auxiliadora school in the Dominican Republic and frequently spend time video conferencing with them as well. We are so proud of our students, as they actively demonstrate the Calgary Board of Education's Citizenship Ends Statement: Each student will be a

responsible citizen by being an informed and involved member in his or her local, national and global communities.



During our March 18 and 19 student led conferences, Battalion Park School hosted an art gala and silent action to raise funds for our partner school, Maria Auxiliadora,

in the Dominican Republic. Students, staff and countless volunteers worked tirelessly together in order to make this event an incredible success. As a community, many work bees were held to organize student art work and the range of items for sale was extensive. Tables and easels displayed student art cards, jewelry, individual and class paintings, magnets, class created stories and wool hangings. There were also donations of golf bags, a signed hockey stick, theatre tickets, gift baskets and other treasures, just to name a few.

Students from the Maria Auxiliadora even sent along handmade bracelets to be sold during this event. The student run "cafe" played Latin American music and provided beverages and snacks for guests. Tables were adorned with beautiful floral arrangements, on table clothes reflecting Dominican Republic colours. Together, we were able to raise close to \$12,000 which will be used to help pay teacher salaries and to purchase much needed supplies for the Dominican Republic barrio school.

Andrew Carnegie truly said it best: "Teamwork is the fuel that allows common people to attain uncommon results." Thank you to EVERYONE for making this such a SUCCESSFUL event!§



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## Alderman's Report

Joe Connelly, Ward 6



Joe Connelly

There's no time like the present to start thinking about community safety and security. Many of you have contacted my office to express concern about what "might be" once the West LRT begins operation in December

2012. Now is the time to connect with Block Watch if you haven't already done so.

One of Calgary Transit's prime areas of focus is the safety and security of its customers and staff. Existing stations have seen upgrades in security including enhanced surveillance camera technology, increased lighting, additional peace officers, enhanced strategic partnerships with Calgary Police Service and Bylaw Services, as well as increased monitoring of parking lots. Transit is working closely with the West LRT office, police, bylaw and other stakeholders to ensure that safety measures both on the train and on the platforms, parking lots and parkade are addressed through a variety of initiatives that ensure passenger safety both on and off the train.

That said, the LRT provides another form of mobility for the criminal element to move easily through the city. Block Watch, the Calgary Police Service, Bylaw Services and other stakeholder agencies will all be working collaboratively with communities to develop strategies that address the potential for increased crime, vandalism and public disorder. Part of that strategy will involve partnerships with community associations to collectively discourage and avert incidents of crime and public disorder before they have an opportunity to take root. Community residents are an integral part of this strategy as you know your community best.

Organizing a local Block Watch is the critical first step in crime prevention. Getting to know your neighbour, adopting an attitude of watchfulness (who belongs, what cars belong on the street), and most important, taking action by reporting suspicious behaviours to each other and the police, are all it takes to maintain ownership and control of your street and your community. Studies show that crime is reduced in active Block Watch neighbourhoods.

For more information, visit Calgary Community Block Watch's website at [www.calgaryblockwatch.com](http://www.calgaryblockwatch.com) or call (403) 509-2565.

Another effective crime prevention tool is provided by the Calgary Police Service. The Police and Community Telephone System (PACT) alerts residents to important local incidents including criminal acts or requests for public assistance such as missing children. The system has the ability to leave a message on answering machines. In addition, the Calgary Police Service website now offers an interactive crime mapping tool where you can view mapped locations of reported crimes according to type. Visit [www.calgarypolice.ca](http://www.calgarypolice.ca) for more information.

Start now — get to know your neighbours and investigate the community resources available to you in order to be proactive in community safety.

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

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## Avoid Summer Learning Loss

By Roxanne Rizzuto

As the school year comes to an end, many parents start thinking about ways to keep their children occupied during the long summer months. Day camps, pool passes and neighbourhood play dates are on everyone's mind, but what happens to all the important information that children learned in school that year? What many parents don't know is that kids experience a phenomenon called "summer learning loss."

Essentially, they forget a lot of what they learned in the previous school year over the summer months. In fact, studies have shown that children lose more than two and a half months worth of math skills in the summertime. For kids who were already struggling in math, this means that they will start off the next school year even further disadvantaged. And it's not just math. Overall, kids lose an average of one month of learning in other subjects during the summer.

Think of athletes. What would happen if they stopped training for two to three months in the year? Would they perform the same upon returning to the sport? No, you would naturally expect that they would experience a lag in

performance. The brain is no different. It needs to be exercised. So, how can you as a parent help your child achieve educational goals throughout the summer?

**Read together.** Visit a library. Find some books with topics that interest your child so that they are really engaged in reading. Read the books when they do so you can discuss them together.

**Explore.** Visit local museums, zoos and historical sites. Help your child learn about history and the world they live in. Here are just a few ideas for in and around Calgary:

Heritage Park; Chinese Cultural Centre; Olympic Hall of Fame and Museum; Head Smashed in Buffalo Jump; Calgary Zoo; Sam Livingston Fish Hatchery; Telus World of Science; City Hall; Battalion Park; Fort Calgary; Inglewood Bird Sanctuary; Shakespeare in the Park; Calgary Police Interpretive Centre; Butterfield Acres; Consulates and Embassies (various); Firefighters Museum of Calgary; Calgary Tower; Cantos Music Foundation; The Military Museums and Aero Space Museum of Calgary.

**Menu Planning.** Plan your meal, write out recipes, ingredients/groceries, and send out invitations to family and friends. Ask your guests to write a review of your fine cuisine and make sure to write a review of Mom and Dad's next creation. These activities can reinforce math, reading, writing and organizational skills.

**Tutoring.** Studies find that a third party, objective source can be more effective with helping students with their homework than parents. Enroll in summer tutoring programs. For children struggling academically, summer can be the perfect time to address it with a customized tutoring program.

**Play.** Buy mind engaging games that focus on interactivity for your children. Encourage them to invite friends over to play. Some children are more responsive to positive reinforcement so build a reward system into a game that requires learning, such as memorization or math.

These ideas will help your children build up more confidence, and prepare them to start the new school year with a bang. §

—Roxanne Rizzuto is an education consultant with Tutor Doctor.

## ON A JOURNEY TOGETHER



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**SONQUEST RAINFOREST ... a life-changing adventure camp, filled with games, crafts, songs, stories and more... we'll explore parable falls, run races along the rainforest floor, create something new in toucan's treetop and even visit canopy café for a quick snack along the way!**

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**Limited space available...so don't delay...REGISTER TODAY!**

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## MLA Report

Ron Liepert, Calgary West

It is wonderful to finally see green grass again even though we know in Calgary West those bedding plants aren't out of danger until well into June. Last year, I had to replace all our bedding plants after a killing frost on June 6. We can only hope that this year will be different and our early return to the golf courses and parks will be largely uninterrupted through the summer.

One thing that this time of year always brings is some discussion on driving and roads. It forever seems road construction has something shut down in one part of town or another. This year will be no different in our constituency as construction on the west LRT is progressing well. While road and lane closures can cause motorists some grief we must remember that in the end it will be a welcome addition to our part of the city.

I want to take the opportunity in this column to discuss the government's recently introduced Bill 16, the Traffic Safety (Distracted Driving) Amendment Act, 2010. I am a strong believer that government should

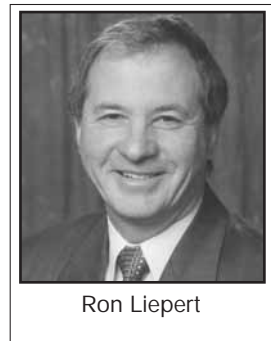
stay out of people's lives as much as possible. I have not supported in the past, proposed legislation banning cell phone use while driving. In the last several years however, I have changed my mind. The issue that became the turning point for me was the emergence of texting. Numerous studies indicate that 20 to 30 per cent of all collisions involve driver distraction and that distracted drivers are three times more likely to be involved in a collision than attentive drivers. With the emergence of modern technology, the desire to stay connected and multi-tasking behind the wheel has become an alluring trap.

Bill 16 proposes restrictions on the use of hand-held cell phones and activities like texting, reading, writing, personal grooming and the use of other electronic devices while driving.

The bill proposes a fine of \$172 with no demerit points. Drivers engaged in any of the identified activities can be charged. A distracted driver could face additional charges if committing other violations such

as running a red light or making an improper lane change. Bill 16 will also complement 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.

The proposed legislation is being held over for public discussion and input through the summer. If you would like more information visit [www.transportation.alberta.ca](http://www.transportation.alberta.ca). I would encourage you to contact my office with your thoughts on this legislation or any other issue by phone (403) 216-5439 or by email at [calgary.west@assembly.ab.ca](mailto:calgary.west@assembly.ab.ca). Also, for more information on provincial government related issues and constituency matters please visit my website at [www.ronliepert.com](http://www.ronliepert.com) or sign up for my e-newsletter at <http://liepert.mypcmla.ca>.



Ron Liepert

## Free Summer Fun for Everyone



Sponsored by  
**Richmond Hill Baptist Church**  
7251 Sierra Morena Blvd SW

**SPORTS CAMPS REGISTRATION online via the WEBSITE or BY PHONE:**  
Website: [www.richmondhillbaptist.com](http://www.richmondhillbaptist.com)  
Phone: 403-242-1256

### Take it In—Live it Out

Summer Program for Children  
Bible Study, Music, Games and Crafts  
Sundays from July 4th - August 29th  
9:15—10:15 am  
Age 3 - 12 years  
Richmond Hill Baptist Church

### Stampede Breakfast

Pancake Breakfast, Live Music, Miniature Horses, Dunk Tank, Inflatables for the Kids  
Saturday, July 17  
8:00—11:00 am  
Everyone welcome  
Church Parking Lot

### Sports Camps

Tuesday, July 13 to Friday, July 16  
9:00—11:00 am  
For kids ages 6-12 (entering grades 1-6)  
Complimentary T-shirt  
Three choices:

- Soccer Camp
- Basketball Camp
- Dance Camp

## COMMUNITY CLEAN-UP

Each year litter accumulates in outdoor green spaces, streets and back allies. Litter in these areas is often neglected unless local residents make the effort to do an annual clean-up. Assistance is available through the City of Calgary Parks department to help residents with a local clean-up program.

Park staff will provide an orientation session, supplies (bags, picking sticks) and arrange for garbage pick up.

If you are interested in organizing a local clean-up, please call 3-1-1 and ask for the Community Clean-up Program with Parks. A staff member from Parks will contact you and help you set up your clean-up program.

### Support Public Education

*By George Lane, Trustee Wards 6 and 7*

What could be more important than helping Calgary children achieve their highest personal potential? And what can you do about it? Get involved in supporting public education in this year's civic election (mayor, aldermen, school trustees) to be held October 18, 2010.

Here are some ways you can show your support: run for CBE Trustee, volunteer on a trustee candidate's campaign and of course, vote.

Those interested in running for Board Trustee must file nomination papers on the morning of September 20, 2010. To find out more about what it takes to become a Trustee or other ways you can get involved in public education, visit: [www.cbe.ab.ca/trustees](http://www.cbe.ab.ca/trustees).

#### Congratulations to CBE Grads!

Trustees would like to congratulate all of our 2010 graduates. At the CBE, we are committed to ensuring each and every student completes high school with a foundation of learning to function effectively in life, work and continued learning.

Your graduation is a significant achievement — be sure to take the time to celebrate this important milestone. As you embark on this exciting new phase of your life, I would like to encourage you to seize the opportunities ahead of you to further your learning, explore new possibilities and realize your dreams.

If you have any comments or concerns, I'd be happy to speak with you. Feel free to contact me at (403) 294-8265 or [gslane@cbe.ab.ca](mailto:gslane@cbe.ab.ca). §



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**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**

## Heat Related Illness

Submitted by Alberta Health Services

With the return of warmer weather, Alberta Health Services EMS would like to remind citizens to stay safe in the heat and sun this summer. While children and the elderly can be more susceptible to the effects of heat, basic prevention measures should be taken by all to avoid a heat related illness during periods of hot and humid weather.

### Heat stroke

- Heat stroke is a medical emergency that requires prompt treatment. It can be fatal.
- It occurs when the body can't cool itself naturally (e.g. perspiration). The body's temperature will continue to rise to dangerous levels.
- Due to severe dehydration and the inability to sweat the patient may appear flushed and skin may be hot and dry to the touch.

### Heat exhaustion

- Heat exhaustion can occur due to excessive fluid loss during periods of prolonged sweating in a hot and / or humid environment (indoors or outdoors).
- Patients may suffer headaches, weakness,

fatigue, nausea / vomiting, thirst, chills, and profuse sweating.

- The patient is usually cold and damp to the touch and the skin may appear pale or dusky gray.

### First aid

- First aid for all heat related illness begins with removing or sheltering the patient from the hot environment.
- Remove excess or tight fitting clothing and allow them to rest in a cool environment.
- If the patient is conscious and alert, provide suitable fluids such as water, juice, or a sports drink.
- If you are concerned, seek medical attention or call 9-1-1.

### Prevention

- Stay well-hydrated by drinking plenty of water.
- Limit alcohol consumption as alcohol dehydrates you.
- Always wear a broad brimmed hat to keep the sun off your face and neck.
- Apply waterproof sunscreen with an SPF of

50+, especially for children. The sun's UV rays peak between 10 a.m. and 4 p.m., even on cloudy days. §

## STAY IN THE LOOP

[www.shca.ca](http://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](http://www.shca.ca)



**The City of Calgary Community & Neighbourhood Services in partnership with your community association is extremely pleased to present an opportunity for you to Adventure Together with us this summer!**

### Stay n' Play

For children 3 - 5 years old, 10:00 am - 12:00 pm

Stay n' Play is a free, outdoor drop-in program. Join in the fun with games, crafts and other activities. Children must be accompanied by an adult/guardian. **FREE.**

### Park n' Play

For children 6 - 12 years old, 10:00 am - 3:30 pm

Park n' Play is a free, outdoor drop-in program. Join in the fun with games, crafts and other activities. Children will be divided into two age groups (6 - 8 year olds and 9 - 12 year olds) with activities designed with their ages in mind. If numbers are low, children will remain together as one large group. **FREE.**

**July 12 - 16: Signal Hill - 2063 Sirocco Dr. SW**

#### PLEASE NOTE

- Don't forget your hat, lunch, appropriate footwear, sunscreen and plenty of water!
- Registration with City leaders is required on-site each day.
- Groups of six or more are required to call 3-1-1 one day prior to attending
- All programs may be cancelled due to inclement weather.

For more information on summer programs  
please call 3-1-1



THE CITY OF  
**CALGARY**  
COMMUNITY &  
NEIGHBOURHOOD SERVICES

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## Signal Hill Library

### Hours:

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

**Friday and Saturday: 10 a.m. - 5 p.m.**

**Sundays: closed (opened 12 p.m. - 5 p.m. starting September)**

**(403) 221-2000**

**[www.calgarypubliclibrary.com](http://www.calgarypubliclibrary.com)**

### Construction Update

If you've been to Signal Hill Library recently, you will have seen that construction is well underway! Be sure to ask staff if you would like assistance finding what you need and remember that the entire Calgary Public Library collection is available to you through our quick and easy hold service.

While construction continues, consider attending programs at other Library locations. Pick up the Program Guides available in the branch or check our website at [calgarypubliclibrary.com](http://calgarypubliclibrary.com). You can register for programs online or by calling (403) 260-2620 (remember that everyone attending a program needs to have their own library card). The website also will keep you informed of construction updates.

### 2010 Summer Reading Adventure for Kids!

Join us at Signal Hill Library as we kick off *Lost in Time*, the 2010 Summer Reading Adventure, presented by the Alberta Beverage Container Recycling Corporation. This year's time travel adventure story, serialized in five parts, follows Anya and Shen as they try to rescue their friend Max who is trapped in a library book. They encounter dinosaurs, the wild west, medieval knights, pirates on the high seas and visit the future.

Drop in for a scavenger hunt and other fun activities at Signal Hill! Collect all five game pages until the end of August and enter to win great prizes! There will be weekly draws for book prizes and this year the grand prize is an iPod Nano. Saturday, June 19, 10 a.m. to 4 p.m. (no registration required)

### Visit the Library's new Teen Zone website!

Calgary Public Library has launched a new web site just for teens: [calgarypubliclibrary.com/teenzone/](http://calgarypubliclibrary.com/teenzone/)

Follow the Teen Zone blog for the latest in book picks, contest information and everything happening at the Library. Read book reviews by teens and submit your own!

Students can get online help with homework questions using the Library's Homework Helper service. Homework Helper is an instant messaging service which allows you to chat with a librarian. We can help you find the information you need to complete your homework assignment, whether it be a book in our catalogue or an online resource. All you need is a Calgary Public Library card and a question!§

Teens can also follow the library on Twitter: <http://twitter.com/CPLTeenZone>

See you soon at the Signal Hill Library!



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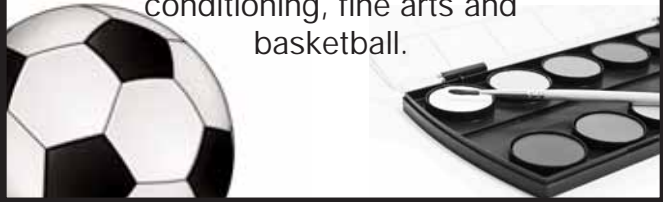
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(after hours by appointment). Walk-ins welcome.  
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(next to Fitz Flooring)  
**403.685.8815**

## 2010 Community Summer Camps

Our community association has been working in partnership with several other communities in southwest Calgary to provide affordable recreational opportunities for children this summer!

Visit [www.westhillssports.ca](http://www.westhillssports.ca) for full details on camps and lessons being offered this summer!

Currently being offered: tennis, soccer, athletic development, sports conditioning, fine arts and basketball.



## CLEARVIEW

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## Community Events Update

By Christine Sinclair, SHCA Social Director

Thanks to everyone who participated in the first annual Trunk Sale on May 29. There was such a great response from sellers that we expanded from the parking lot at the rink into the parking lot at the school. Fortunately, buyers turned up as well — things were bought, things were sold, things were traded — and that was just me! The sale was not only a great way to get rid of clutter (and acquire newer, better clutter,) it was also a great way to meet people in the community. The terrific response we had for the sale has encouraged us to continue with this as an annual event, so look for details regarding next year's car trunk sale early in 2011.

It's hard to believe (maybe because we don't want it to be true,) but summer is almost officially here and that means fall is fast approaching. While we can't look forward to the endless commercials for back-to-school products and cooler temperatures, fall also brings the second annual Signal Hill Community Spirit Barbecue, which is something to get excited about! This year's barbecue will be held Saturday, Sept. 4 from 5 p.m. to 8 p.m. Once again, there will be games for the kids, entertainers and the ever-popular bouncy castles.

Of course, there will also be great food available, with a discount offered for community members. Since our membership year runs from September 1 to August 31, we will have memberships available for purchase at the barbecue, so that residents can take advantage of the discount for the barbecue as well as getting their membership set up for the coming year. For those of you who have inquired, memberships are now available again to purchase online thanks to the work of our new webmasters.

The barbecue 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. On top of this, the skate building will be getting a much-needed coat of paint. We hope you take this opportunity to come down and enjoy your community park and your neighbours!

Stay tuned to the next issue of the Signal Hill Beacon for more details and an update, or contact Christine Sinclair at [social@shca.ca](mailto:social@shca.ca) for more information. §



## First Lutheran Church Sponsors Sudanese Refugees

Submitted by Steve Turner

First Lutheran Church is sponsoring 18 Sudanese refugees out of an Ethiopian refugee camp. Our sponsorship began in August 2005 and we are finally expecting them to arrive this summer. Our group includes a 49-year-old grandmother, eight parents, a couple of young adults, and seven children. Many of these refugees having been living in the Fugnido Refugee Camp their whole lives.

As a church we have struggled with how to help these people — the poorest of the poor — stuck in an endless spiral of poverty. Do we send missionaries? Do we send aid? Do we help to build schools? Or do we help some of them get out of the terrible living conditions they find themselves in?

We wanted to say YES to all of these alternatives but when we met some of their family members here in Calgary, we felt led to reunite them. With the help of Canadian Lutheran World Relief, we submitted the necessary applications to Canada Immigration and have raised some funds to help these individuals start a new life here in Canada.

One of the substantial benefits of getting some of the refugees out of the camp in Africa is that it gives them the opportunity to work and get an education. We know that as African Canadians, they will also continue to support their family members that are left behind and in the long run, provide aid back to Africa.

Gatluak Deng Toruok is one of our 18 refugees. His first name is pronounced "Gat-Lock." He is 24 years old. His sister Elizabeth has been living here in Calgary since 1998 and she is now married with five children. Gatluak was born in Sudan, but moved to the refugee camp with his parents when he was three years old. Gatluak can speak English and loves to play sports. After five long years of waiting through the immigration process, Gatluak and the other 17 refugees have just completed their medical check ups (the last step in the process) and are now simply waiting for final approvals and visas so that they can travel to Calgary this summer. We look forward to seeing them here soon!

For more information please contact First Lutheran Church at (403) 242-4544 or visit [www.first-lutheran-calgary.org](http://www.first-lutheran-calgary.org).

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

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## Schools

### Calgary Board of Education

All residents are part of the same school district.

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

CBE InfoCentre .....294-8255

### Regular program

#### Battalion Park Elementary School

Grades k-6

Principal Jane Jessiman .....777-7187

Parent Council Janet Wood .....242-9244

[max1mm@yahoo.com](mailto:max1mm@yahoo.com)

School/Community Liaison

Theresa Roessel .....266-1536

#### 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 School .....249-3131

### French immersion program

K-9 6 Calgary French And  
International School .....240-1500

K-6 6 Westgate Elementary School .....777-8420

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 inquiries .....298-1411

Area "B" office .....298-1606

Trustee, Wards 6-8 Lois Burke-Gaffney ....298-1153

Trustee, Wards 11-12 Michael Annuik .....298-1155

### 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 School .....242-2132

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

### All

10-12 8 St. Mary's Senior High School ....228-5810

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

### Other Schools

Calgary Chinese Public School .....264-2233

Calgary Christian School .....242-2962

Calgary Islamic School .....248-2778

Calgary Montessori Elementary .....246-2275

Calgary Montessori Preschool .....252-3281

Glamorgan Community ECS .....242-8694

Menno Simons Christian School .....531-0754

### Religious Facilities

Calgary Buddhist Church .....263-5723

Calgary Free Methodist Church .....249-2838

Calgary Jewish Centre .....253-8600

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

First Church of the Nazarene .....242-1718

First Lutheran Church .....242-4544

Grace Lutheran Church .....249-8562

Holy Name Church (Catholic) .....249-7764

Islamic Centre of Calgary .....242-1615

Living Spirit United Church .....243-3180

Richmond Hill Baptist Church .....242-1256

RockPointe Church .....288-2674

St. Laurence Anglican Church .....249-6184

St. Martin's Anglican Church .....249-3014

St. Mathew's United Church .....249-1721

Valleyview Presbyterian Church .....249-6006

Westside King's Church .....777-0800

Woodcliff United Church .....249-3121

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

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- Community Events and Programs
- Sports and Recreation
- Signal Hill Beacon Archives and more!

*Visit often*

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## 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

## Healthy Yards Program

Sat., June 19, 2010  
1 p.m. start

Strathcona  
Community Centre  
277 Strathcona  
Drive SW

## FINAL REMINDER!

The Signal Hill Community Association and the Strathcona Christie Aspen Community Association in partnership with the City of Calgary are offering residents the opportunity to participate in the Healthy Yards program. This is a FREE, 2.5 hour session providing home owners with new approaches to yard and/or garden care. Some of the topics covered include:

- Responsible Pest Management (alternative pest control methods, beneficial insects)
- Water Management (water wise gardening principals)
- Composting (composting household and yard waste)
- Grass Cycling (mulch mowing)

Participants in the Healthy Yards program receive information and training on the tools and techniques for environmentally-friendly yard practices. There will also be a draw for a free rain barrel or composter.

The Healthy Yards session is scheduled for Saturday, June 19 starting at 1 p.m. at the Strathcona Community Centre, 277 Strathcona Drive SW.

To register, please e-mail [greening@shca.ca](mailto:greening@shca.ca) and include your contact information (name, phone number) along with the number of people who will be attending from your household. There are a limited number of spots available so please register early!



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# Signal Hill Community Association Annual General Meeting

WEDNESDAY, JUNE 16, 2010, 7 p.m.

Ambrose University College

150 Ambrose Circle SW

(from 69 St., head west on Springborough Blvd., directly opposite the  
69 St. entrance to Westside Rec Centre.)

As required by Article 10 of the Signal Hill Community Association bylaws, notice is hereby given to all members of the society that the Annual General Meeting will take place Wednesday, June 16, 2010 at 7 p.m. at Ambrose University College, 150 Ambrose Circle SW.

The business of the annual general meeting will include:

- President's report
- Treasurer's report and presentation and approval of the audited financial statements
- Reports from Board Committees
- Appointment of auditors for the upcoming year
- Election of Directors

All members of the society (those residing in the boundaries of the society with current memberships in the SHCA) and associate members are encouraged to attend. Please remember that in order to vote you must be a current member. Memberships are available to purchase from Page 3 of the Signal Hill Beacon, at Signature Medicine Centre Pharmacy in Signature Parke Plaza or by contacting Iqbal Nurmohamed, Membership Director, at [membership@shca.ca](mailto:membership@shca.ca)

This is your community so please come out and support it! Those interested in volunteering as members of the Signal Hill Community Association Board of Directors can contact Simon Batcup at 403-217-3625.

**PLUS!**



Come out and  
meet  
Angela Knight  
from CBC Radio's  
The Calgary  
Eyeopener