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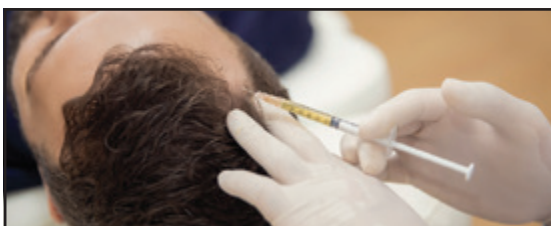
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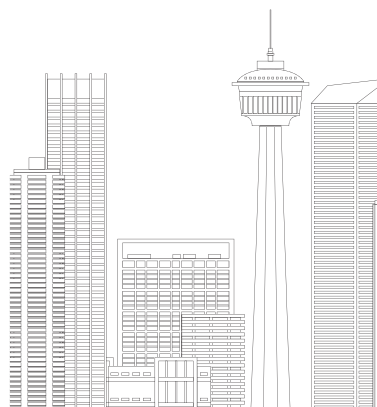


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PRESIDENT'S MESSAGE

How has winter treated you so far? Last month had some unusual patterns across North America and it stymied a lot of travel with the missing of many plans and events. Having said that, our rink has been going strong! We have tried doing something different this year by providing some rental ice time. This is done on weekends and is available at a reasonable cost. It takes hours of preparation, so the ice is perfect. Our ice volunteers are dedicated and have met the community's needs to date. Thank you and please take a bow.

Was there an inspirational moment or treasured experience that you enjoyed here in Signal Hill that you would like to share? We have such an amazing space to live, work, and even play in. Some have been inspired to take pictures, write stories, even enjoy the odd deer visiting in their yards! Why not share your experiences here?

While we are an association, and as such, we do have a focus on providing opportunities to engage with your fellow neighbours, that is only part of what your association does. As a community, we also represent you to our partners. At every board meeting we have a representative from the Councillor's office (Ward 6), the Calgary Police Service, and a city coordinator that helps us to interface with a variety of departments (i.e., Parks and Recreation) so we can include a variety of resources in what we can offer. We review development permits currently held in Signal Hill.

As members of the Federation of Calgary Communities, we try to keep abreast of trends that affect our community.

A community is a collection of families and neighbours. Your voice adds to the flavour of our one community voice. Note, I didn't say united. There can be many individual strands that make Signal Hill. As the community marches down through the times, new strands may be added. That impacts both what we as an Association can offer in terms of programs and services; as well as how and what we advocate for in the community.

We enjoy your input. We'll amplify the things you care about, and we'll try to reflect our community to the best of our ability. If you have something to share, reach out to me at president@shca.ca.

As an update, both the Treasurer and Secretary positions are still open. There are other opportunities to serve on the Board as well. Reach out and we will explore what will fit with your circumstance.

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Signal Hill

Community Association

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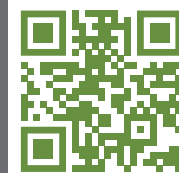
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Decluttering? Tips for Selling Your Used Items Online

From the Better Business Bureau

The start of a new year is a great time to clean out your home and organize your living spaces. But what should you do with the gently used clothing, furniture, home items, or electronics that you aren't using anymore? Fortunately, online marketplaces, such as Craigslist, Facebook Marketplace, Ebay, and Poshmark, make it easy to sell without even leaving your home.

That said, there are a few perils to selling used items online. To avoid the dangers and to successfully make sales, BBB recommends the following tips.

How to Stay Safe When Making Online Sales

Choose an appropriate platform

Nerdwallet recommends that “before you sell stuff online to make extra money, determine the ideal venue for your goods.” There are dozens of online marketplaces to choose from, but many of them focus on a specific kind of used goods, such as electronics or designer clothing. Before you create an account with a marketplace, make sure it is a good fit for the kind of goods you want to sell.

Know the worth of your items and price appropriately

To determine the value of an item you want to sell, Consumer Reports suggests searching for similar items on the site where you plan to list. If you are selling an item that was never used and is still in its original packaging, remember that technically it is still coming to the buyer second-hand, so you'll need to charge a little less than the original retail value if you want to make a sale.

Watch out for shady buyers

Con artists often pose as buyers in scams. Sometimes they offer to overpay for an item, but that's not their only tactic. Beware of buyers who ask you to make transactions outside of the selling platform or those who ask for personal information, such as your banking information.

Be extra cautious when making local sales

Some platforms allow you to meet up with people in your local area to exchange your item for cash in person. While this can be an effective way to sell big items and



avoid marketplace fees, use caution when meeting up with strangers. Don't be quick to give them your home address, instead ask buyers to meet you in a safe place, such as outside your local police department. Never meet up with a buyer you don't know alone. Always bring your partner or a friend to make the transaction.

Always protect your personal information

As you sell items online, keep your sensitive personal information under lock and key. Avoid communicating with buyers outside of the online platform you are using to make the sale and don't give out your home address, phone number, or email address.

An Exercise in Building Intimacy

by Nancy Bergeron, RPsych | info@nancybergeron.ca



The person we often crave to feel most known by is our partner. This is the person with whom we share the most intimate details of our lives. It's the person who sees us at our best and our worst. The one who knows our history and is a primary part of our future.

We want them to know us, to really know us, and these questions can help. Dr. Catron says, "Most of us think about love as something that happens to us, we fall and sometimes we get crushed. But what I like about this study is how it assumes that love is an action."

This activity should be done at a slow pace and should last at least 45 minutes.

Grab a couple of comfortable chairs and place them facing each other. Knees should be about a foot or so away from each other. Turn off phones and all other distractions.

1. Given the choice of anyone in the world, whom would you want as a dinner guest?
2. Would you like to be famous? In what way?
3. Before making a telephone call, do you ever rehearse what you are going to say? Why?
4. What would constitute a "perfect" day for you?
5. When did you last sing to yourself? To someone else?
6. If you were able to live to the age of 90 and retain either the mind or body of a 30-year-old for the last 60 years of your life, which would you want?
7. Do you have a secret hunch about how you will die?
8. Name three things you and your partner appear to have in common.
9. For what in your life do you feel most grateful?
10. If you could change anything about the way you were raised, what would it be?
11. Take four minutes and tell your partner your life story in as much detail as possible.
12. If you could wake up tomorrow having gained any one quality or ability, what would it be?
13. If a crystal ball could tell you the truth about yourself, your life, the future, or anything else, what would you want to know?
14. Is there something that you've dreamed of doing for a long time? Why haven't you done it?
15. What is the greatest accomplishment of your life?
16. What do you value most in a friendship?
17. What is your most treasured memory?
18. What is your most terrible memory?
19. If you knew that in one year you would die suddenly, would you change anything about the way you are now living? Why?
20. What does friendship mean to you?

21. What roles do love and affection play in your life?
22. Alternate sharing something you consider a positive characteristic of your partner. Share a total of five items.
23. How close and warm is your family? Do you feel your childhood was happier than most other people's?
24. How do you feel about your relationship with your mother?
25. Make three true "we" statements each. For instance, "We are both in this room feeling ____."
26. Complete this sentence: "I wish I had someone with whom I could share ____."
27. If you were going to become a close friend with your partner, please share what would be important for him or her to know.
28. Tell your partner what you like about them; be very honest this time, saying things that you might not say to someone you've just met.
29. Share with your partner an embarrassing moment in your life.
30. When did you last cry in front of another person? By yourself?
31. Tell your partner something that you like about them already.
32. What, if anything, is too serious to be joked about?
33. If you were to die this evening with no opportunity to communicate with anyone, what would you most regret not having told someone? Why haven't you told them yet?
34. Your house, containing everything you own, catches fire. After saving your loved ones and pets, you have time to safely make a final dash to save any one item. What would it be? Why?
35. Of all the people in your family, whose death would you find most disturbing? Why?
36. Share a personal problem and ask your partner's advice on how he or she might handle it. Also, ask your partner to reflect back to you how you seem to be feeling about the problem you have chosen.

Now that you are done asking and answering questions, look into each other's eyes for four minutes (try not to giggle too much).

The formal activity is complete. Now, talk about how this exercise made you both feel.



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December 22	10	9	\$384,900	\$365,000
November 22	9	16	\$682,400	\$637,500
October 22	28	22	\$459,950	\$447,000
September 22	23	16	\$717,450	\$684,600
August 22	20	31	\$599,900	\$616,000
July 22	35	22	\$407,450	\$402,500
June 22	25	28	\$699,400	\$689,700
May 22	35	28	\$374,450	\$371,000
April 22	28	36	\$417,450	\$417,500
March 22	38	45	\$679,000	\$686,000
February 22	46	21	\$458,000	\$445,000
January 22	16	29	\$385,000	\$395,000

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

Self-Care O'Clock



Taking care of your whole self, mentally, emotionally, physically, and spiritually, is important. Bringing our body and brain into harmony can bring upon improvements in all areas of our lives.

As humans, we are programmed to help others. However, to do this in an effective and sustainable way, we need to take care ourselves. As the saying goes "you cannot help others if you do not help yourself first." So, when is the last time you truly focused on you?

Self-care looks different for everyone. It is a journey to find what you need to prioritize as actions for yourself to feel relaxed, energized, and strong! Here are some ways you can take care of your whole self:

Eat: Bake some treats, make a tasty salad, or cook your favorite meal. Say "yes" to what you want and enjoy every bite. You need to nourish to flourish!

Make Space: Have a space in your home that you can call your own and where you can reset. This could be a beanbag chair in a cozy corner, or a window with a view.

Heart Health: Take a deep breath and let it out slowly. Breathing exercises power our nervous system, helping us push away distractions and make decisions with a clear mind.

Connect: Surround yourself with people who support and uplift you. Focus on face-to-face interactions and connecting with a meaningful community.

Unplug: Limit daily technology use. Try to shut down screens an hour before bed and set up healthy boundaries with use during your day.

Most importantly, listen to what your body and brain need and meet those needs in ways that make sense for you!

CRIME STATISTICS

Signal Hill Crime Activity was Up in December 2022

The Signal Hill community experienced 8 crimes in December 2022, in comparison to 7 crimes the previous month, and 13 crimes in December one year ago. Signal Hill experiences an average of 13.9 crimes per month. On an annual basis, Signal Hill experienced a total of 167 crimes as of December 2022, which is down 7% in comparison to 180 crimes as of December 2021. To review the full Signal Hill Crime report visit sign.mycalgary.com.

How To Report Crime In Signal Hill: Dial 911 for emergencies or crimes in progress. For non-emergencies dial (403) 266-1234. To report a crime anonymously, contact Crime Stoppers at 1-800-222-8477 (Talk, Type or Text), submit tips online at crimestoppers.ab.ca, or text ttTIPS to 274637.



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February Is Heart Month

Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing may make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack may significantly improve survival and recovery. February is Heart Month: take the time to be heart safe and learn how you can reduce your risk.

Common Signs of a Heart Attack

(Any, or all, of these signs and symptoms may occur)

- Chest discomfort described as simply a mild pressure up to a 'crushing' pain; may also be 'squeezing' or a 'heavy' sensation.
- Discomfort may move to the shoulders, arm, neck, or jaw.
- May include shortness of breath, sweating, or nausea/vomiting.
- Signs may vary person to person and can differ between men, women, and the elderly.

Heart Attack Risk Factors

- Obesity*
- Sedentary lifestyle*

- Smoking*
- High cholesterol*
- Age/Gender
- Family history

Speak with your doctor about how to treat your modifiable (*) risk factors and learn to be heart safe.

What To Do When Seconds Count

- Call 911, immediately. Early treatment can greatly reduce heart damage and be the difference between life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous, and perform an electrocardiogram (ECG).
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will share information with the hospital so that definitive treatment can begin immediately upon arrival.
- Take a CPR/AED course. Training is widely available from many reputable organizations. It's easy and could make a significant difference in the outcome of someone experiencing a heart attack.



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Crocodiles have been roaming the earth for over 150 million years, which basically makes them living dinosaurs. One thing that has helped them to survive is their incredible bite force – the strongest in the entire animal kingdom! Amazingly, saltwater crocodiles have a bite force of 3,700 pounds per square inch, which is the strongest bite ever recorded!

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Hello Ward, 6,

With more people heading outside for winter activities, The City of Calgary wants to remind kids and their families to be safe while enjoying outdoor skating.

Prior to lacing up, it's important to remember that not all ice surfaces are safe for skating. While your community storm pond may look inviting, recreational activities are not allowed on them.

Storm ponds play an important role, providing protection from overland flooding while returning cleaner water back to the river, but they have hidden hazards that make them dangerous to people and pets. Rapidly changing water levels cause unstable air gaps and quickly changing depths. The ponds also have sediment and contaminants (e.g., bacteria, fertilizers, pesticides, vehicle fluids, metals, and road salt) that are collected as water travels through the community on their way to the storm pond, which can weaken the ice. That's why it's not safe to skate, walk or play on storm ponds.

Ward 6 is home to so many incredible outdoor rinks that are maintained by our hardworking community volunteers. Here are some locations of ODRs that are safe and are a "must-visit".

- Aspen: 60 Aspen Hills Drive SW
- Discovery Ridge: Corner of Discovery Ridge Hill and Discovery Ridge Boulevard
- Coach Hill: 6840 Coach Hill Road SW
- Cougar Ridge: At Cougarstone Park on Cougar Ridge Drive SW
- Glendale: 2405 Glenmount Drive SW
- Glenbrook Community Association: 3524 45 Street SW
- Glenbrook: 4725 Graham Drive SW
- Glamorgan Community Association: 4207 41 Avenue SW
- Signal Hill: 489 Sienna Park Green SW
- SCA Community Association: 277 Strathcona Drive SW
- Springbank/Montreaux: 535 St. Moritz Drive SW
- Springbank Hill: 3804 Springbank Boulevard SW
- Westgate Community Association: 4943 8 Avenue SW
- Wildwood Community Association: 4411 Spruce Drive SW

Did we miss any skating rinks? Contact clward6@calgary.ca to update our list.

Sincerely,

Richard Pootmans

www.Calgary.ca/ward6

I was honored to introduce the Police Amendment Act 2022 during the fall sitting of the Alberta legislature. The Police Amendment Act 2022 improves police accountability and enhances public confidence by reforming policing practices and strengthening ties to the community. The Act amends the Police Act to establish an independent agency to manage complaints against police, expand the Alberta Serious Incident Response team (ASIRT) mandate, foster greater collaboration between police and communities, and encourage diversity and inclusion. The Act also mandates the creation of formal civilian governance bodies in jurisdictions policed by the RCMP and gives these communities a greater role in setting policing priorities and performance goals. This responds to a long-standing desire from those communities. Changes reflect the modern role of the police serving as a responsive extension for the community and marks the first major reform to the Police Act in 34 years. Amendments to the Act were developed following extensive engagement with Albertans, law enforcement, health and social services sectors, Indigenous communities, and communities representing cultural and ethnic diversity.

I believe strongly that police should have a strong connection to their community, functioning as a police service that is an extension of the people it serves, rather than as a strong arm of the government. This first major update to the Police Act in generations is a blueprint for building police services in Alberta that embody that principle, along with reforms that strengthen accountability, while giving communities more input and promoting diversity.

Another major milestone has been achieved in Calgary. Now that construction on The Calgary Cancer Centre has been completed, Alberta Infrastructure has handed over the \$1.4 billion cancer centre to AHS to complete the final stages of the project. The Centre is among the newest, most technologically advanced medical facilities in Canada. It will serve as a hub for medical education and research activities and will provide jobs and educational opportunities for Albertans. Further, cancer care capacity will be increased through consolidation and expansion of existing services. AHS is preparing the hospital for clinical services, including installing equipment and furniture, and training staff. Once operational, the 186,000 square meter facility will have 160 patient beds, and 100 patient exam rooms.



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Neighbour
Realtor®
David Pellettier

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Real Estate (Central)

* MLS data, Calendar 2022. Detached homes on the Westside – the combined communities of West Springs, Aspen Woods, Springbank Hill, Discovery Ridge, Signal Hill, Christie Park, Strathcona Park, Coach Hill, Patterson, & Cougar Ridge.