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TAKE ON WELLNESS

New Info to be Added to Food Labels

from Alberta Health Services

Sugar is a carbohydrate and is found naturally in fruits, vegetables, and dairy products. Sugar is also added to food and drinks to improve taste, texture, or shelf life.

Too much sugar, however, can lead to dental cavities in children, and may lead to people eating more calories than we need.

To help you make lower sugar choices, look for a new front-of-package symbol that will appear on some packaged foods in Canada. Food companies have until 2026 to put a front-of-package label that will tell you if a food is high in sugar, sodium (salt), or saturated fat.

The new nutrition label will have a black-and-white symbol of a magnifying glass and will be beside any ingredient the food is high in. This symbol can help you when you are grocery shopping, so you can choose foods that are low in sugar. Regular pop, candies, chocolates, frozen desserts, and baked goods add the most sugar to Canadians' diets.

To lower the amount of sugar in your diet:

- Choose water to drink instead of regular pop, juice, or other sweetened drinks.
- Try baking at home and lower the amount of sugar in your recipes.
- Choose snacks such as fruit, yogurt, or nuts more often than candies, chocolates, frozen desserts, or baked goods.
- Choose plain milk or plain yogurt instead of flavoured ones. You can mix in fruit, unsweetened granola, or nut butter to plain yogurt to give it extra flavor.
- Limit the number of prepackaged foods you eat with the "high in sugar" label.




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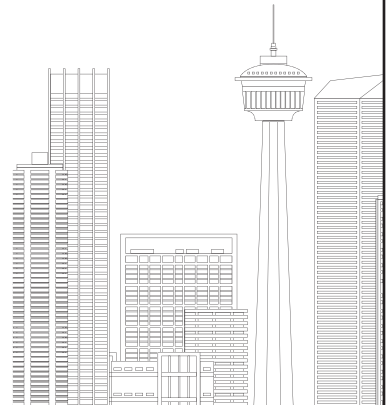


My Calgary

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Submit a Nomination for the 29th Annual Calgary Awards by February 1

from the City of Calgary

Incredible happens here. The Calgary Awards celebrate outstanding individuals and organizations whose exceptional achievements and contributions make life better for Calgarians.

Award Categories Include:

The Community Achievement Awards

- Grant MacEwan Lifetime Achievement
- Calgarian of the Year (previously Citizen of the Year)
- Arts
- Community Advocate - Individual
- Community Advocate - Organization
- Commerce - Under review
- Education
- Heritage
- Youth

The Award for Accessibility

The Environmental Achievement Award

The International Achievement Award

Look to your neighbours, colleagues, community leaders, local groups, and companies who qualify for a Calgary Award. The nomination process is easy – follow the steps outlined at calgary.ca/calgaryawards and submit a nomination by February 1.

Over the last few issues, I have devoted a lot of space to sharing the vital role of volunteers in the work of the community with you; particularly those who serve on our Board of Directors. This issue I was hoping to move on to other community news but there is an immediate need for two officer positions to be filled. It's important enough for us to appoint our Past president Brian Lawrence to oversee this process. With that, I yield this space to him:

Seeking Treasurer and Secretary

As mentioned last month, we are experiencing some resource needs on our Board, and in particular, we are looking to fill two key executive positions – those of Treasurer and Secretary. Role descriptions are provided below to provide some idea of the requirements. If you are interested in either of these roles, please contact me at president@shca.ca.

Role Descriptions:

Treasurer

- Attend all meetings of the Society and Board.
- Receive all monies paid to the Society and deposit same into Board-designated financial institution.
- Pay all monies as required to fulfill the obligations of the Society.
- Account for the funds of the Society and keep such books as may be required.
- Present a full, detailed account of receipts and disbursements to the Board when requested.
- Prepare for submission to the Annual General Meeting a statement of duly audited financial position of the Society.

Secretary

- Attend all meetings of the Society and of the Board.
- Keep accurate minutes of all meetings.
- Have charge of all the correspondence of the Society.
- Keep a register of all the members of the Society.
- Send all notices of the various meetings as required.
- Collect and receive the annual dues or assessments levied by the Society.



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- ▀ **Real Estate Statistics**
- ▀ **Crime Statistics**

and More...

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Signal Hill

Community Association

Board Contact List

President	Ron Waters president@shca.ca
Vice President	Rob Leong veepee@shca.ca
Secretary	Vacant secretary@shca.ca
Treasurer	Vacant treasurer@shca.ca
Fundraising	Gord Vogt fund@shca.ca
Social	Vacant
Communications and Membership	Vacant membership@shca.ca
Technical	Vacant web@shca.ca
Business Liaison	Vacant
Development	Vacant
Property and Facilities	Terry McGuire maintenance@shca.ca
Rink Coordinator	Vacant rink@shca.ca
Past President	Brian Lawrence director1@shca.ca
Directors at Large	Laurel Madro Ricot Poitevien director2@shca.ca John Lamacchia director3@shca.ca

YOUR CITY OF CALGARY

Property Assessment: Go Paperless Contest – More Prizes, Less Clutter

from the City of Calgary

Switch to paperless assessment notice (eNotice). Then enter for a chance to win one of 12 Visa gift cards valued at \$250 each.

After you sign up for eNotice, you'll receive an email with the contest entry link. Complete the form and you're entered. The Contest is open to new and existing eNotice subscribers.

Going paperless saves:

- **Time:** We save five years of assessment notices so they're always easy to find.
- **Trees:** Paperless assessment notices are greener. Switching is good for forests.
- **Tax dollars:** Mailing paper assessment notices to 500,000 households is expensive.

No purchase necessary. Contest begins January 1 and ends March 31, 2023. There are 12 Prizes, each consisting of a \$250 Visa gift card. The odds of winning a prize depend on the number of eligible entries received during the contest period. To win, a potential winner must correctly answer a skill-testing question and sign a declaration and release form. Contest is open to Alberta residents over the age of majority, and subject to the full contest rules available online at calgary.ca/gopaperless.

Hurry! With monthly prize draws – enter early!





FEDERATION OF
CALGARY COMMUNITIES

Protect Yourself from Identity Theft

A message from the Federation of Calgary Communities

Identity theft occurs when your personal information is collected and used by persons without authorization to do so.

The result of this illegal activity includes, but is not limited to, applications in your name being made for credit with financial institutions, retail outlets, mortgage companies, etc. Once your identity is compromised, it may take tremendous amounts of effort on your part to restore your good name and credit rating.

Tips on how to reduce your chances of becoming a victim of identity theft include:

- Before you reveal any personal identifying information, find out how it will be used and if it will be shared with others.
- Pay attention to your billing cycles. Follow up with creditors if your bills do not arrive on time.
- Guard your mail. Deposit outgoing mail in post office collection boxes or at your local post office. Promptly remove mail from your mailbox after delivery. Ensure mail is forwarded or re-routed if you move or change your mailing address.
- Utilize passwords on your credit card, bank, and phone accounts. Avoid using easily available information such as your mother's maiden name, your birth date, the last four digits of your SIN, or your phone number.
- Minimize the identification, personal information, and number of cards you carry.
- Do not give personal information on the phone, through the mail, or over the internet unless you have initiated the contact or know with whom you are dealing.
- Keep items with personal information in a safe place. An identity thief may pick through your garbage or recycling bins. Be sure to tear or shred receipts, credit applications, insurance forms, physician statements, and credit offers you get in the mail.
- Give your SIN only when absolutely necessary. Ask to use other types of identifiers when possible.
- Do not carry your SIN card or birth certificate; leave them in a secure place.
- Become familiar with schemes such as Phishing and Vishing which are designed to glean personal information from you via the Internet or telephone.

Reference: Calgary Police Service. (n.d.).
16032-CalgaryScamsBooklet. In CalgaryScamsBooklet
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CRIME STATISTICS


Signal Hill Crime Activity was Down in November 2022

The Signal Hill community experienced 0 crimes in November 2022, in comparison to 8 crimes the previous month, and 5 crimes in November one year ago. Signal Hill experiences an average of 13.7 crimes per month. On an annual basis, Signal Hill experienced a total of 164 crimes as of November 2022, which is down 5% in comparison to 172 crimes as of November 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 tttTIPS to 274637.



New Year's Eve in Times Square



New Year's Eve in Times Square is quite the spectacle, with live entertainment, fireworks, and a ball drop at midnight. But did you know that the first New Year's celebration held in this square had a slightly different purpose? In 1904, Adolph Ochs organized the event to celebrate the new headquarters of his publishing company, The New York Times!



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November	22	9	16	\$682,400	\$637,500
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September	22	24	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
December	21	17	20	\$619,400	\$627,500

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

Fly Safely on Your Vacation

from the Better Business Bureau



Are you thinking about traveling by air for a few days?

Before Clicking the Button to Buy Tickets, BBB Recommends the Following:

- Check current requirements for domestic and international travel. In Canada, look for Canadian travel advisories.
- Make sure everyone who is traveling has the appropriate ID. Make certain parties traveling together have a current compliant ID as required by the provinces or countries you're traveling to.
- Read all cancellation policies carefully. Not all situations require a full refund of the ticket value and fees if your flight is canceled. Each online travel agency, airline, and broker is different.
- Book tickets only after reviewing travel restrictions. Save time and stress by reading the updated status of restrictions on the Health Canada website.
- Consider trip insurance. Have a complete understanding of what the policy does and does not cover.

- Be an informed traveler. Refer to the Department of Transportation website for details on consumer issues, filing complaints, and other aviation information.
- Avoid hidden fees. Read the fine print!

Flying isn't the only aspect of your trip to consider.

Here Are Some Other Travel-Related Resources from BBB:

- **Rental cars:** Make your next car rental experience a little easier.
- **Hotel rooms:** Learn what to keep in mind when booking a hotel room.
- **Travel agents:** Know what to look for in a travel agent and find one near you.

During the holiday or any time of year, find ways to travel safely and avoid scams. If you plan to travel to or from Canada, check for travel advisories. Remember to report any suspicious activities to BBB Scam Tracker and sign up for Scam Alerts.

For more information go to [BBB.org](https://www.bbb.org).

Old Fashioned Fish Pie

by Jennifer Puri



Simple and traditional, Fish pie is a comfort food that originated in Scotland and is an integral part of the culinary heritage of the British Isles.

Sweet, soft, salty, and smooth, comfort foods are associated with a feeling of emotional well-being.

Mashed or fried potatoes were the original comfort food, along with Chicken soup, meatloaf, perogies, and Mac and Cheese.

Comfort foods are a trend that is constantly evolving and is reflected in our modern-day versions such as chips, ice cream, cookies, pizza, pasta, and burgers.

A classic cold weather dish, Old Fashioned Fish Pie uses white fish fillets, prawns, leeks, and spoonfuls of fresh herbs. It pairs well with soups, salads, cooked peas, or carrots.

The mashed potatoes used in this recipe can be substituted with sliced potatoes, puff, or crust pastry.

Prep Time: 40 minutes

Cook Time: 1 hour 45 minutes

Servings: 4 to 6

Ingredients:

- 1 ½ lbs skinless white fish fillets
- 12 raw tiger prawns
- 2 ½ lbs of peeled potatoes
- 3 ½ cups milk

- 2 cups leeks finely chopped
- 2 Bay leaves
- 10 peppercorns
- 10 tbsps. of butter
- ½ cup all purpose flour
- 5 tbsps. of chopped fresh parsley
- 4 tbsps. of chopped fresh dill
- Salt and black pepper to taste

Directions:

Place the milk, bay leaves, peppercorns, and leeks in a saucepan and bring to boil. Simmer on low heat for 10 minutes and then strain the mixture and set aside.

Arrange the fish fillets in a large pan and pour the strained mixture over them and simmer on stove for 5 to 7 minutes. Remove fish fillets from pan, flake the fish, and then place in a medium size baking dish. Arrange shelled prawns on top of the fish and set aside.

Melt half the butter in a saucepan over medium heat, stir in the flour, and gradually add the flavoured milk. Simmer until sauce thickens (about 10 minutes). Remove saucepan from stove and stir in the parsley, salt, and pepper to taste. Pour the sauce over the fish and prawns.

Boil peeled potatoes in salted water until soft then drain and mash. Add the remaining butter, chopped dill, and salt to taste. Spoon the mashed potatoes onto the fish and prawns spreading it evenly. Bake in a pre-heated oven at 350 degrees Fahrenheit for about 45 minutes or until the potatoes are crusty and golden brown. Serve immediately.

Bon Appétit!





MLA Calgary - West

Mike Ellis

234 – 333 Aspen Glen Landing SW
Calgary, AB T3H 0N6

📞 403.216.5439

✉️ calgary.west@assembly.ab.ca

Happy New Year! My hope for you and your family is that you are blessed with good health, happiness, and success in 2023!

There is much progress being made in Alberta throughout all sectors of our economy. I continue to support the Alberta government's focus on fiscal responsibility, job creation, and diversification. Through the implementation of targeted actions by this government, Alberta's economy continues to flourish and build a prosperous economic future for our province. Continued high revenues from bitumen royalties, corporate income tax, and other revenue streams have sustained a forecasted surplus of \$12.3 billion this fiscal year. Even as economic growth is expected to slow this year across the country and around the world, Alberta's commitment to fiscal responsibility will ensure the province maintains its position as the economic engine of Canada.

With revenue forecast at \$76.9 billion and expense at \$64.6 billion, this surplus is allowing Alberta's government to pay down debt by \$13.4 billion this fiscal year. This reduces taxpayer-supported debt to \$79.8 billion and saves Albertans millions in interest payments. The government will commit another \$10.8 billion over the next three years towards savings, debt reduction, and other priorities to further secure Alberta's future economic prosperity.

Alberta's economic outlook remains solid, but risks are increasing. High inflation, rising interest rates, and geopolitical unrest are slowing global economic activity. Alberta's economy is positioned well to weather these challenges. Oil prices have softened but remain robust, boosting revenues in the energy sector. Strong growth in non-energy business output has also boosted export revenues and corporate profits. Investment is gaining momentum and Alberta's housing market is faring much better than the rest of the country. The province's strong fundamentals, including a young and growing population, high earnings, and a low cost of living, will continue to support growth in the years to come.

Albertans can share their views and ideas for Budget 2023 by filling out an online survey. The online submission portal is open until January 15, 2023. Please visit alberta.ca/BudgetConsultation.

Mike Ellis MLA, Calgary-West



Councillor, Ward 6

Richard Pootmans

📞 403-268-1646

✉️ Eaward6@calgary.ca

🌐 Calgary.ca/ward6 📷 @pootmans

📱 @richardpootmans9

Happy New Year Ward 6,

I hope you had a lovely Christmas and rang in the new year with those who are most important to you. With a new year comes a sense of belief that good things are going to happen for our City, and I am looking forward to what 2023 will bring. A reminder of a couple things that are coming in January:

Snow Bans Restricted Parking: Online Map Shows Calgary's Snow Route Parking Bans

December brings the potential for snowfall in the city, and this means snow bans may come into effect. Before heading out, know which streets have parking restrictions by using The City of Calgary's online map that shows banned parking locations. The Snow Route Parking Bans map shows where parking is temporarily restricted on designated snow routes across the city. Parking bans may last up to 72 hours following a parking ban being issued by The City. This map is located at <https://maps.calgary.ca/SnowRouteParkingBans/>.

Tax Assessment Notices

Assessment notices are mailed to the current owner at the beginning of January. They reflect the market value of a property on July 1 the previous year and the condition of the property as of the subsequent December 31. I encourage you all to take the time necessary to examine your assessment for accuracy, as the customer review period is from January 4 to March 13, 2023. You can view all your information, access more useful tools and information, or contact the City Assessor at <http://Calgary.ca/assessment>.

The Ward 6 Team looks forward to representing you and helping you collaborate with the various departments within The City of Calgary to resolve your concerns.

Sign up for our more detailed monthly newsletters at Calgary.ca/ward6.

Sincerely,

Councillor Richard Pootmans

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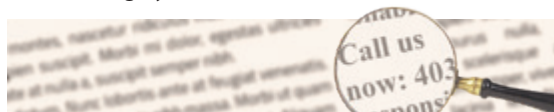
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David lives here.

David believes in the value of our community. David has demonstrated his commitment to our community through his Artist in Residence programs with our local schools and the annual Music in the Park event in Discovery Ridge. As the top performing REALTOR® on the Westside, homeowners have come to appreciate David's commitment to the value of our community too.

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David Pellettier

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Real Estate (Central)

*MLS DATA - CALENDAR 2015-2020 INCLUSIVE. DETACHED HOMES, LISTED & SOLD, IN THE COMBINED COMMUNITIES OF: WEST SPRINGS, ASPEN WOODS, SPRINGBANK HILL, DISCOVERY RIDGE, SIGNAL HILL, CHRISTIE PARK, STRATHCONA PARK, COACH HILL, PATTERSON, AND COUGAR RIDGE.