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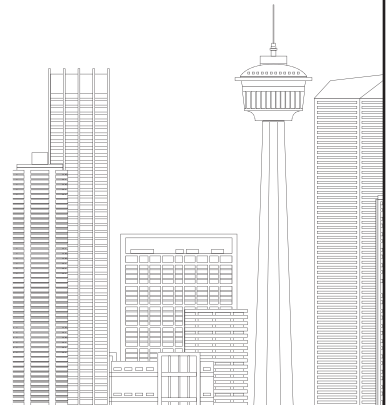


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PRESIDENT'S MESSAGE

Moving forward...it must be nearing spring! One of the key roles needed for your Board to function has been filled. We now have a Treasurer! Please join me in congratulating Amanda [Mandy] van der Merwe to her new position. Mandy is a professional Accountant who will add her considerable experience to our Board. In fact, she has started already. While I am looking forward to working with Mandy, I have to share the awe that I feel for Alice, whom Mandy is replacing. Alice approached me submitting her resignation back in September. Yet she was determined that she would not leave our association without a Treasurer and has been serving as Treasurer right down to the end of February. That is dedication. The capturing of the volunteer spirit that exists within Signal Hill. I am so honoured to have such neighbours to share the steering of this community.

There are others reaching out as well – details in future issues. One other announcement regarding our Board, John Lamacchia is leaving the role of Director-at-large to assume the Development portfolio. Congratulations to you sir. As more people join either the Board or in serving under the three committees as volunteers, we can begin to flex our 'muscles' to work on more outreach activities.

We are still needing someone to fill one other executive role. I've asked Brian Lawrence, our Past-President what would make an ideal candidate for this position. Here are his thoughts on what the role entails:

SHCA Secretary Opportunity

We are still looking to fill one of our key Board executive positions, that of Secretary. The main responsibilities of this role are as below. If you are interested and would like to get additional information, please contact Brian Lawrence at director1@shca.ca.

- Active and voting member of the Board of Directors and Governance Committee.
- Authorized to sign cheques and approve certain expenditures.
- Manage key document filing (online - MS Office).
- Schedule and send notices for required meetings (e.g., AGM).
- Prepare and file Society Annual Report.
- Opportunity to support community projects and events.

Of course, there are still other positions, both on the Board and in committee that could use your help.

We are happy to announce that we will be joining some of our neighbouring communities in hosting a community cleanup day. We are finalizing some details but mark your calendars: April 29, 2023, will be our day!

We enjoy your input. If you have something to share, reach out to me at president@shca.ca.

Let's enjoy March together.

Ron Waters



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News, Events,
& More



Crime
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Real Estate
Statistics



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September	22	22	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

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



Signal Hill

Community Association

Board Contact List

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Secretary	Vacant secretary@shca.ca
Treasurer	Mandy van der Merwe 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	John Lamacchia development@shca.ca
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 Director007@shca.ca

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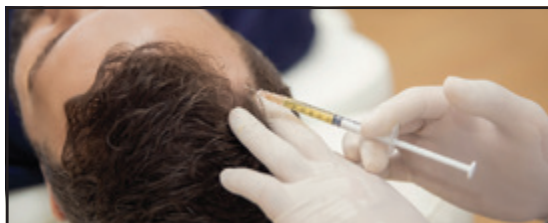
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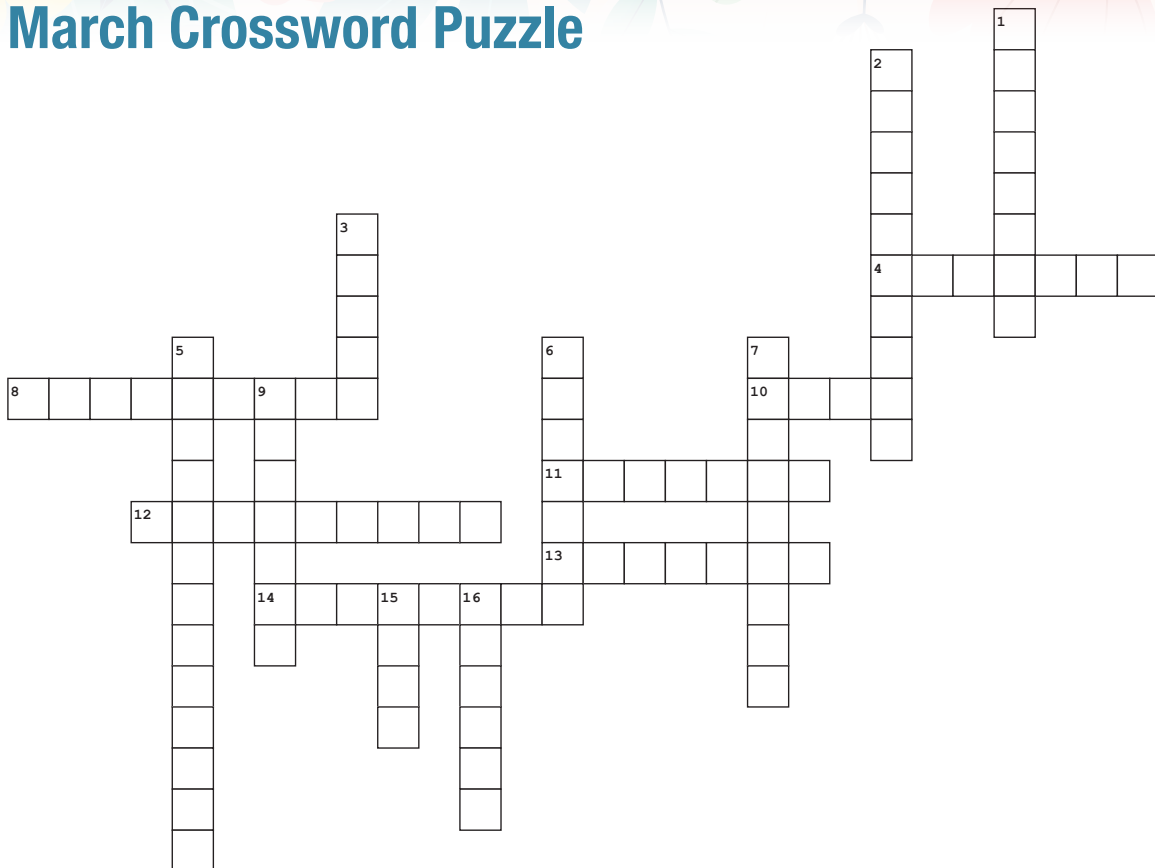
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March Crossword Puzzle



Down

1. March's birth flower
2. This best-selling French-Canadian singer was born on March 30, 1968
3. You get pinched if you don't wear this
5. Both a dessert and a celebration of mathematics that takes place on March 14
6. The saint most popularly associated with March 17
7. Popular chocolate and what you might find at the end of a rainbow
9. This children's author and cartoonist was born on March 2, 1904
15. Roman god of war who shares a name with this month
16. On March 25, 1990, Canada took home gold at the Women's World Hockey Championship in this city

Across

4. This day signals the start of spring in the northern hemisphere
8. Born on March 27, this Calgary-born singer and songwriter is famous for her hit single "Insensitive"
10. On March 6, we celebrate this cookie's 111th birthday
11. According to ancient Greeks and Romans, this was believed to be a path from the gods
12. An important international holiday celebrating gender equality
13. Each March, this city's river is dyed green
14. Another word for a three-leaf-clover

**SCAN THE QR CODE FOR
THE ANSWER KEY**



Choosing a Meal Delivery Service

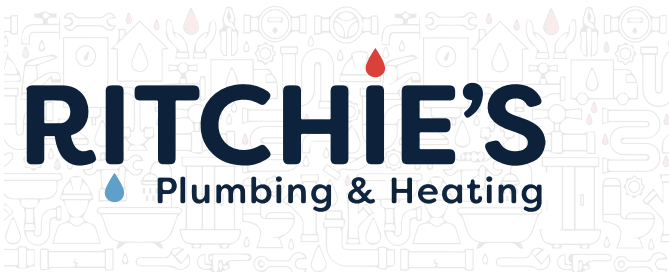
from the Better Business Bureau

Meal delivery services give consumers a more convenient way to make home-cooked dinners by delivering fresh, pre-measured ingredients and easy-to-follow recipes to your doorstep. But just like any other service, each company is different.

Pricing, ingredients, and preparation requirements vary greatly between services. You'll need to do some homework to pick the one that best meets your family's needs. If the appeal of a meal delivery subscription is learning new recipes and experimenting with ingredients, you might choose one company. But if your main interest is speed and simplicity, another may be a better fit.

The following tips will help select an ideal meal delivery service for your household:

- Research the delivery service. Ask friends and family, read reviews, and check BBB.org to learn about past customers' experiences.
- Set a budget and check the fine print. Pricing can vary from one company to the next. Make certain the service aligns with your budget. In addition, not all meal delivery services include shipping fees in their pricing – read the fine print.
- Know your skill level. Before committing to a plan, research what kind of cooking techniques you'll need to know. If a company's recipes require searing, roasting, and braising, do you know how? If not, make sure you have the time to learn new techniques.
- Consider ingredient quality. Not all companies offer organic, non-GMO, or free-range meal ingredients. If these are must-haves for your family, make sure the company offers them.
- Determine how much prep work you want. Some companies do more chopping and sauce-making than others. This seemingly small difference can make a big difference in how long each meal takes to make.
- Consider the customer service. If there is ever a problem – a missing recipe card or ingredient, for example – you want to know that you can count on customer service. Make sure there are clear, easy ways to contact the company, even late in the evening. Read the company's reviews and keep an eye out for any indication that customer service is lacking.
- Check the cancellation policy. Before making a decision to subscribe to meal delivery, understand the cancellation policy. Each company is different and some may have very strict policies.
- Be careful with personal information. Most food delivery services process payments online. Make sure the company is legitimate before offering up personal information such as financial information and address.
- Review BBB tips for shopping online. Since meal delivery services don't usually have brick and mortar storefronts, consider BBB's tips for smart shopping online.



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Two Sides

by Jennifer Puri

They say there are two sides to everything, and this is particularly true of side dishes.

A side dish refers to a smaller portion and can add vitamins, minerals, nutrients, and flavours that you may not get from the main dish.

Garden or fruit salads, sautéed or roasted veggies, mashed potatoes or couscous, corn on the cob or garlic bread; all of these are side dishes that excite our taste buds and can in some cases serve to soak up sauces and gravies.

French beans and rainbow carrots are available to be enjoyed year-round. They pair well with grilled, baked, or roasted chicken, meat, or fish entrees.



Glazed Rainbow Carrots

Prep Time: 10 minutes

Cook Time: 20 minutes

Servings: 4

Ingredients:

- 1 lb organic rainbow carrots
- 2 tbsps olive oil
- 2 tsps sugar
- 2 tbsps fresh thyme
- ¼ tsp salt
- 1 cup water

Directions:

- Peel and wash carrots and place in a large pan.
- Add water, olive oil, sugar, thyme, and salt and then cover and cook over medium heat until carrots are tender, about 10 to 12 minutes.
- Allow carrots to continue cooking another five minutes or until they are glazed and lightly browned.
- Serve immediately.



French Beans with Red Pepper and Onion

Prep Time: 15 minutes

Cook Time: 15 minutes

Servings: 4

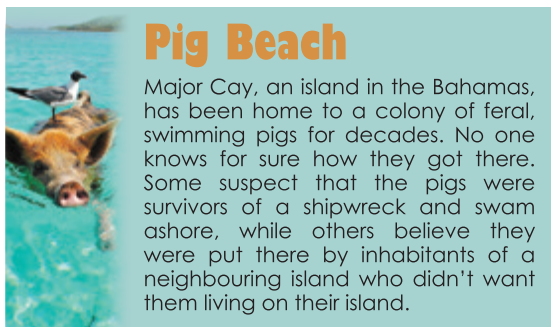
Ingredients:

- 1 lb French beans with ends trimmed
- 1 red bell pepper, thinly sliced
- 1 white onion, thinly sliced
- 2 tbsps olive oil
- 1 tbsp butter
- 2 garlic cloves, finely chopped
- 1 tbsp lemon zest (optional)
- Salt and black pepper to taste

Directions:

- Cook French beans in salted water until tender. Then drain and set aside.
- Melt butter and olive oil in a pan and then add the red pepper, onion slices, and garlic, and sauté until tender.
- Add the beans, salt, and pepper and stir for a couple of minutes until heated through.
- Sprinkle with lemon zest and serve.

Bon Appétit!



Pig Beach

Major Cay, an island in the Bahamas, has been home to a colony of feral, swimming pigs for decades. No one knows for sure how they got there. Some suspect that the pigs were survivors of a shipwreck and swam ashore, while others believe they were put there by inhabitants of a neighbouring island who didn't want them living on their island.

The Imposter Syndrome: What It Is, Why It Matters, and How to Overcome It

by Lynn C. Cox

I remember the first time I came to understand what imposter syndrome is and I'll never forget it, even though it was over 15 years ago. I was early in my career as a public relations professional, and I had landed my dream job as an agency consultant with a well-respected international firm. I was so very green and desperate to succeed. I was worried about impressing my bosses, clients, and colleagues. And I was terrified that at any moment, the penny would drop and my bosses who hired me would 'figure out' that they made a mistake in hiring me.

My three former bosses are outstanding human beings and phenomenal coaches. They were being mentored by two prominent business leaders in corporate Calgary – one oil and gas executive and the other, a president of a public relations firm. The PR executive was a trailblazing woman in the field, and it was rumoured that she was behind the strategy of some of the most profitable companies. I was in very good hands.

One day, when I must have been expressing my lack of confidence in my abilities to perform, one of my bosses told me something I will never forget. She told me that her mentor (the ball-busting, PR maven genius who had been rocking the industry for at least 20 years) had confided this to her and I will quote second hand: "You know, after all of this time, I still have a fear that one day the phone is going to ring and the person on the other end is going to tell me that they know that I don't know what the hell I'm doing."

What?! I couldn't believe my ears that a widely respected, industry leader with decades of proof under her belt could possibly feel that way! How could that be, I wondered?

Enter The Imposter Syndrome...

That poised, intelligent, accomplished, and capable PR executive was like nearly 70 to 80 % of high achievers. They too, suffer from this feeling of being found out to be a fraud, an imposter, and don't think they deserve the accolades, prestige, salary, or opportunities that they, in reality, worked so hard for.

These people who suffer from the imposter syndrome will attribute their success to others potentially, or just dumb luck. Or they'll think that others around them who admire and respect them have simply been fooled by their confident exterior and made an error in judgement. And it couldn't be further from the truth.

So, Why Does Imposter Syndrome Matter?

It matters a lot because it is downright debilitating. It causes stress, anxiety, low self-confidence, shame, and in some cases, even depression. Those are the mental, emotional, and psychological impacts. We also now know that our mental and emotional state is directly correlated to our physical health; this Imposter syndrome can now impact your health.

And, what about other areas of your life such as career and relationships? If you don't feel that you have much to offer; how likely are you to put yourself forward for career-growing projects, assignments, and promotions?

If you feel that there is something inherently wrong with you and it's just a matter of time before the phone rings and the sinister voice on the other end says, "I've got your number, I know you're a fraud," how willing are you going to be to be brave and vulnerable in your relationships? Imposter syndrome matters. And it matters a lot!

So Why Do So Many of Us Experience Imposter Syndrome?

Essentially, all of the issues we experience, from imposter syndrome to addictions to anxiety and phobias, have a root cause belief underlying them. Here are the three most common:

1. I am different and what I want isn't available to me.
2. I am different and can't connect/don't believe.
3. I am not enough.

I am quoting the wisdom of my teacher, Marisa Peer. In her experience, every issue boiled down to those three core beliefs, and always, always, #3 – I'm not enough. In my experience, I've seen the same. So, can you see how if one or more of your core underlying beliefs about yourself is #1, #2, #3, or all of them, how you just might, maybe, experience the imposter syndrome? I thought so.

Beliefs Guide Actions, Actions Reinforce Beliefs

Here are a few more reasons why and how this occurs.



Our beliefs, always, always guide our actions and who we think we are in the world. Some of us are better at hiding feelings of inadequacy (e.g., high achievers who experience imposter syndrome), but rest assured, that imposter syndrome is being expressed in other ways (e.g., stress, anxiety, retreating).

The Antidote

It's simpler than you think, and this is most often the case. The most effective solutions are the most elegant and simple. You have to do a few things and only a few.

- 1. Get real and honest with yourself.** Honestly admit to yourself: "I feel like an imposter at times." It's helpful to jot down a few recent examples of when you felt that way.
- 2. Understanding is power.** You cannot overcome what you don't understand. There, I just told you what you need to know in the paragraph before this.
- 3. Take action to change your beliefs and your perception of yourself.** There are many ways to do this. Meditation, writing, affirmations, exercise, coaching, therapy, Rapid Transformational Therapy, and hypnotherapy.

Summary

- It's normal to experience imposter syndrome – you are not alone.
- It's messing with you, even if you don't think so. Emotionally, psychologically, intellectually, or physically.
- Understanding is power,
- Changing your beliefs and perceptions is the antidote.

To your health, joy, and success!



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St. Patrick's Day Trivia

by Shelly Smith

Test your knowledge of St. Patrick's Day. Have fun!



1. What country is St. Patrick the patron saint of?
 - a. Canada
 - b. Ireland
 - c. Scotland
2. According to Irish lore, what did St. Patrick drive out of Ireland?
 - a. Snakes
 - b. Rats
 - c. Witches
3. What colour is worn on St. Patrick's Day?
 - a. Blue
 - b. Red
 - c. Green
4. What date in March is St. Patrick's Day?
 - a. March 1
 - b. March 16
 - c. March 17
5. How many pints of Guinness are consumed worldwide on St. Patrick's Day every year?
 - a. 13,000,000
 - b. 1,300,000
 - c. 1,000,000
6. What is St. Patrick's nickname?
 - a. St. Paddy
 - b. St. Patty
 - c. St. Irish
7. When and where was the first St. Patrick's Day parade held in Canada?
 - a. Quebec City in 1765
 - b. Ottawa in 1870
 - c. Halifax in 1790

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David's listings have sold at **101.9%** of list price on average vs the rest of the market at 100.8%.*



Another reason why your neighbours choose **David** to sell their home.

Scan the QR Code to learn more.

Friend
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.