

MARCH 2024

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		Listed	Sold	Listed	Sold
January	24	18	19	\$689,000	\$685,000
December	23	5	10	\$669,950	\$653,750
November	23	16	11	\$514,900	\$520,000
October	23	19	21	\$449,900	\$450,000
September	23	21	18	\$731,894	\$729,444
August	23	24	25	\$669,900	\$675,000
July	23	23	22	\$704,450	\$682,500
June	23	40	37	\$775,000	\$770,000
May	23	30	31	\$679,400	\$680,000
April	23	22	23	\$514,900	\$505,000
March	23	24	20	\$622,450	\$608,250
February	23	20	20	\$584,350	\$577,450

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

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Winter Cart Placement Tips

by The City of Calgary

Follow these winter tips to keep your cart collection safe and on schedule:

- Clear snow and ice to put your carts on even ground. Don't place carts behind or on top of snowbanks.
- Leave enough space around your carts to easily walk between and around them.
- Store carts in a sheltered spot and move them out on collection day, so they don't freeze to the ground. Move carts back by 7:00 pm on collection day.
- Clear snow off your carts and keep lids closed. Snow in your blue cart ruins recyclables and makes them difficult to sort at the facility, meaning they can't be turned into new products.
- Prevent food and yard waste from freezing inside your green cart. Use compostable bags or place crumpled newspaper or a pizza box at the bottom of the cart.

Learn more at calgary.ca/cartplacement.



Did you know the Battalion Park School playgrounds need to be replaced?

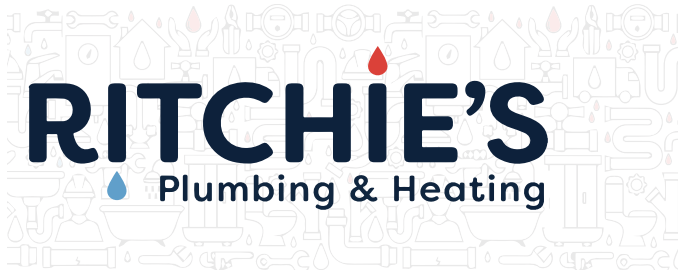
School playgrounds are community assets, and we need our neighbours' help to rebuild.

Please donate now to help Battalion Park School build new playgrounds for our neighbourhood.
Donate at shses.ca.



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Signal Hill
Community Association

Board Contact List

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Vice President	Rob Leong veepee@shca.ca
Secretary	Chelsea MacMillan secretary@shca.ca
Treasurer	Mandy van der Merwe treasurer@shca.ca
Fundraising	Gord Vogt fund@shca.ca
Social	Aroop Rayu social@shca.ca
Communications and Membership	Vacant membership@shca.ca
Technical	Curtis Lesperance web@shca.ca
Business Liaison	Harrison Yau business@shca.ca
Development	John Lamacchia development@shca.ca
Property and Facilities	Terry McGuire maintenance@shca.ca
Maintenance Director	Vacant
Director at Large	Kelly Hopper director1@shca.ca



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SIGNAL HILL CONTENT**

**News, Events,
& More**



**Crime
Statistics**

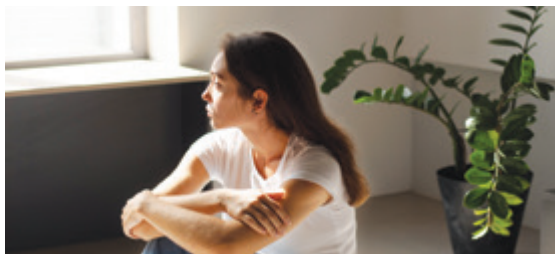


**Real Estate
Statistics**



Getting Help with Substance Use

by Alberta Health Services



One life lost to overdose is too many. The impacts are far reaching.

AHS is here to help. Support and treatment are available to individuals struggling with substance use, including help for family and friends left behind.

Resources and Treatment

- **AHS Addiction and Mental Health Community Clinics:** Services are available to serve children, families, and individuals. If you need to speak to someone, call the Mental Health Helpline at 1-877-303-2642 or the Addiction Helpline at 1-866-332-2322. Trained staff are available to offer support at those numbers 24/7.
- **Opioid Agonist Treatment Clinics in Alberta:** Provides treatment to people dependent on opioids and helps them access services they need to live healthy lives. Individuals can self-refer, or referrals can come from any healthcare professional or a community agency. Services are voluntary and confidential. For more information on how to access care, individuals can walk in or call any AHS opioid dependency program clinic.
- **Virtual Opioid Dependency Program:** Available anywhere in Alberta, VODP provides same-day access to addiction medicine specialists. There is no wait list. To access, call 1-844-383-7688, seven days a week, from 8:00 am to 8:00 pm daily.
- **The Digital Overdose Response System (DORS):** A free, discreet mobile app that can help prevent overdose deaths among people using opioids and other substances while alone.
- **Naloxone Kits:** Naloxone is a drug that temporarily reverses effects of an opioid poisoning.

Helplines

- **211 Alberta** – Information on community and social services.
- **Addiction Helpline** – 1-866-332-2322 for recovery-oriented care support.
- **Health Link 811** – 24/7 health advice and information.

Friends and Family

- People in need of support are encouraged to reach out to someone they trust. Talk to a family member, friend, or someone you can be honest with to talk through your concerns.
- If you notice people in your life who may be struggling, reach out to them. Offering support can include mentioning what you have noticed, listening to their concerns, and connecting them with some of the resources noted above. Starting a conversation does not require you to be a counsellor or an expert, just a caring person offering support and hope.

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An advertisement for Barker's Fine Dry Cleaning. The background is a close-up of several light blue dress shirts hanging on wooden hangers. The text is overlaid on the image. At the top, 'BARKER'S' is in large, bold, dark blue letters, with '• FINE DRY CLEANING •' in smaller letters below it. In the middle, 'PICK UP & DELIVERY SERVICES' is written in large, bold, dark blue letters. At the bottom, the phone number '403-282-2226' is displayed in large, bold, white letters.



PRESIDENT'S MESSAGE

6,000 households – 13,000 residents, all with likes and dislikes; passions for different things. I say this because our passions are going to be put to the test over the next few months. The city is examining what things we need to change to meet people's housing needs in the days ahead. A topic like this can cause neighbours with different views to want to influence the city to develop communities in a particular fashion. One viewpoint I can easily articulate, even two, but 13,000 – even 6,000 is a task that we cannot meet. Nor should. Discussion is fine. So is passion. Take the time to gather as much information as you can. Viewpoints and suggestions can be shared with our Councillor, Richard Pootmans. Other means of communication and input will be offered through the City of Calgary.

In our last issue, I mentioned that we were going to have a community skate party. It was a huge success! Several board members attended and really enjoyed meeting up with so many of our neighbours. Spirits were high, the chocolate was hot, and the hotdogs were delicious. We are planning other events for this month. Details are being finalized so check out our website for the listing of new events.

Yes, our website is now open. All things Signal Hill will be listed there for your ease of use. Our Technical Director, Curtis, has asked me to gather some thoughts from you as to why living or working in Signal Hill is so satisfying. What do you enjoy about our community the most? These testimonials will be posted to the website. Feel free to include pictures.

Remember, you can always contact me directly at president@shca.ca or soon at info@shca.ca.

Real-Life Fairy Tale

Did you know that the magical world of Disney extended beyond the screen for the voices of Mickey and Minnie Mouse? Wayne Allwine (Mickey from 1977 to 2009) and Russi Taylor (Minnie from 1986 to 2019), added a real-life fairy tale twist to their story. In 1991, they tied the knot, bringing the iconic mouse couple's love to life off-screen.



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Get Ready to Spring Forward

DST kicks in on March 10 at 02:00 am! And yes, it's 'Daylight Saving Time' but we won't judge if you say 'savings' as it has become a popular variant in conversations. However, the perfectionists out there will likely remind you that the dictionary says the word saving is singular because it refers to saving time.



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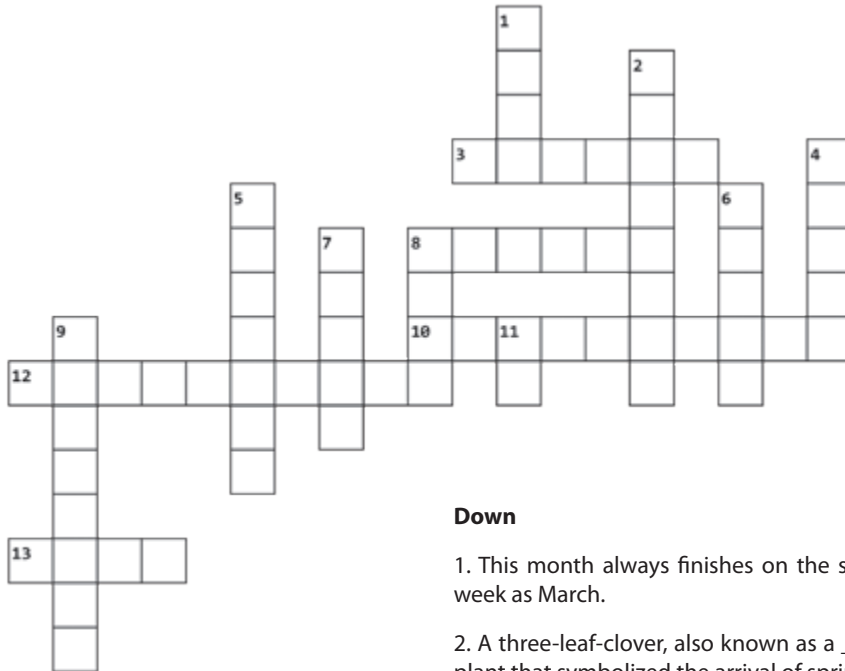
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March Crossword



Across

3. The _____ Equinox is observed this year on March 19, and is one of only two moments in the year when day and night are almost equal in duration.
8. This Canadian pop sensation, Justin _____, was born on March 1, 1994, and turns 30 this year.
10. This mythical creature is often associated with St. Patrick's Day celebrations.
12. March Madness, an annual NCAA college tournament, is associated with this sport.
13. The _____ of March is well-known as the day Julius Caesar was assassinated.

Down

1. This month always finishes on the same day of the week as March.
2. A three-leaf-clover, also known as a _____, is a plant that symbolized the arrival of spring for the Celts.
4. International _____'s Day is annually celebrated on March 8, with this year's theme being "inspire inclusion."
5. Now known as X, this social media platform was first introduced on March 21, 2006, in San Francisco.
6. This novel, *Cloud* _____ by David Mitchell was released in March 2004 and subsequently made into a film starring Tom Hanks, Hugh Grant, and Halle Berry in 2012.
7. March was originally the first month in the ancient _____ calendar.
8. Alexander Graham _____ made the first telephone call on March 10, 1876.
9. This flower, which symbolizes new beginnings, is the official birth flower for March.
11. Rajveer Meena holds the record for reciting the most digits of this mathematical phenomenon at 70,000 digits.



Visit bit.ly/mycalgaryanswers or scan the QR code for the answers



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Hello, Ward 6,

With the approval of Home is Here: The City of Calgary's Housing Strategy on September 14, 2023, Council directed Administration to take actions to address the housing crisis. These actions address housing affordability, non-market housing; housing for a city that will grow to two million people in the near future.

One of these actions, Rezoning for Housing, is a proposed rezoning to new base residential districts of either R-CG in established communities, R-G, or HGO in newer communities. With rezoning, Calgarians would have access to a wider variety of housing to meet their needs and it would contribute to increasing the overall housing supply. Increased supply is crucial to addressing affordability.

The Rezoning for Housing report, including the 'What We Heard' report will be delivered to City Council through Calgary Planning Commission on March 7, 2024. Calgary Planning Commission's recommendation will be considered by City Council at the Public Hearing of Council on April 22, 2024.

Learn more about participating in public hearings at calgary.ca/publichearing.

For all information regarding Rezoning for housing visit calgary.ca/planning/projects/rezoning-for-housing.html. You can use the interactive address map to see how your property will be affected.

Calgary Unplugged is an Annual Family-Friendly Earth Hour Event

Enjoy music, entertainment, and learn what environmental actions you can take in Calgary. Bring along some personal lighting and dance to the DJ when the lights go down for the Earth Hour party!

Location: Central Library (800 3 Street SE)

Date: Saturday, March 23

Time: 7:00 to 9:30 pm

You can still participate in Earth Hour if you can't make it to the event! Turn off nonessential lights, "unplug" from electronics at 8:30 pm, and take this time to reconnect with people, play games, or enjoy other hobbies.

Sincerely,

Councillor Richard Pootmans

By granting the Alberta Sheriffs more authority, Alberta's highways have become safer. In 2023, Alberta Sheriffs removed over 1,200 impaired drivers from our highways, bringing the total to nearly 4,000 impaired drivers removed from provincial highways since July 2021. In addition to making Alberta's highways safer by immediately removing impaired drivers from the road, the Sheriff Highway Patrol's enforcement efforts help the RCMP keep units on patrol and available to respond to other incidents. The safety of all Albertans and their families remains top priority for me, and for our government.

Albertans who depend on Assured Income for the Severely Handicapped (AISH), Income Support, and the Alberta Seniors Benefit have seen a 4.25% increase in their monthly benefit starting in January 2024. Nearly 200,000 Albertans on the Alberta Seniors Benefit have seen this increase on their January cheques. This increase will assist vulnerable Albertans to ensure benefits cover the increasing costs of food, housing, and other essential goods and services. This amounts to an increase from \$1,787 to \$1,863 for AISH, \$790 to \$824 in Income Support for those who are expected to work, \$919 to \$959 in Income Support for those with barriers to full employment, and \$303 to \$316 for those who receive the Alberta Seniors Benefit. Beginning in March 2024, to make it easier for recipients to pay their monthly bills on time; benefits will be sent out four business days before the end of each month.

The tourism industry is a key driver in diversifying Alberta's economy, bringing \$10 billion a year in visitor spending in our province. The Alberta government is committed to growing this sector, resulting in a strong and resilient provincial tourism industry that continues to be a key player in driving our economy now and in the future. I support the Alberta government's efforts as we work towards an ambitious goal of growing our province's visitor economy to more than \$20 billion by 2035.

Mike Ellis MLA, Calgary-West

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Live Healthier, Happier, and Longer

from Calgary Foothills Primary Care Network

Did you know there is a team of health professionals who work with your family doctor to provide personalized health support – for free.

From mental health counsellors to nurses who can help with things such as anxiety and diabetes, you can access a variety of health support through one of the Alberta Primary Care Networks. There are a number of Primary Care Networks across the province, offering services designed to best meet the needs of each community. Primary Care Networks are part of Alberta's public health care system and are funded by the provincial government – there is no cost to use any of their services.



Access Free Health Support

Studies show that people who regularly see their family doctor are healthier, live longer, and have fewer hospital visits. You can find various health support through Primary Care Networks, including:

- Virtual and in-person workshops to support mental health, nutrition, diabetes, exercise, and to help you quit smoking.
- Access to a team of health professionals that could include nurses, mental health therapists, dietitians, pharmacists, and social workers who can provide you with specialized care.
- After-hours care to support you if you can't get in to see your family doctor.



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* MLS data. Calendar 2023. Detached Homes in the Westside - the combined communities of West Springs, Aspen Woods, Springbank Hill, Discovery Ridge, Signal Hill, Christie Park, Strathcona, Coach Hill, Patterson & Cougar Ridge

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