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THE OFFICIAL SIGNAL HILL COMMUNITY NEWSLETTER



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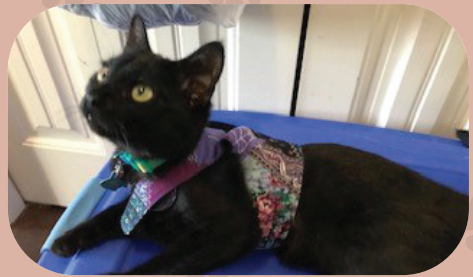
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# Cold Weather Preparations

by Alberta Health Services

Alberta winters can be bitterly cold and when the temperature dips below -40 degrees Celsius, that's when "extreme cold warnings" occur. Wind gusts can be strong enough in our province to make it feel even colder.

### It's Important to Remember a Few Things During Extreme Cold Warnings:

#### Try to Stay Indoors

Roads and other paved surfaces can be snowy or icy during extreme cold warnings. If you must go out, always let someone know where you are going and follow these instructions:

- Check 511.Alberta.ca, Environment Canada, or download the WeatherCAN or AEA Alert app for current road conditions or emergency alerts.
- Try to cover as much exposed skin as possible. Wear warm, waterproof, and windproof layers, scarves, neck warmers, or protective face liners and waterproof footwear.
- If you are sweating, remove outer layers of clothing or open your coat to avoid getting your clothes wet.

Learn how to prepare a vehicle emergency kit if you must drive.

#### Be Careful!

Some people are more susceptible to the cold, particularly children, older adults, those with circulation issues, those experiencing unstable housing, or those outdoors for long periods of time.

Being cold over a long period of time or being exposed to cold air, water, wind, or rain, can cause a drop in body temperature and, in some serious cases, can cause hypothermia.



### What Is Hypothermia?

Hypothermia occurs when the body gets cold and loses heat faster than the body can make it. A body temperature below normal can be a sign of hypothermia and can cause shivering, confusion, and loss of muscular control (e.g., difficulty walking). It can progress to a life-threatening condition.

### If you think someone has hypothermia:

- Call 9-1-1 to get medical attention immediately.
- Lay the person down and avoid rough handling, particularly if the person is unconscious.
- Get the person indoors.
- Gently remove wet clothing.
- Warm the person gradually and slowly, using available sources of heat.
- Protect the person from further heat loss/eliminate contact with cold surfaces.

If someone has symptoms of extreme cold, such as hypothermia, please seek immediate medical attention.

### Support Is Available

Other supports are available for those experiencing unstable housing. Call 2-1-1 and press 3 for non-emergency support for shelter or visit [www.alberta.ca/homelessness](http://www.alberta.ca/homelessness).

If you work outside during an extreme cold warning, consider taking warm-up breaks or rescheduling your work if possible. Your employer may have options available to help you avoid being in the cold for too long.



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# Signal Hill Community Association

## Board Contact List

President	Ronald Waters president@shca.ca
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



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

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### News, Events, & More



### Crime Statistics



### Real Estate Statistics





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		Listed	Sold	Listed	Sold
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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
January	23	18	17	\$479,900	\$470,000
December	22	10	9	\$384,900	\$365,000
November	22	9	16	\$682,400	\$637,500

To view more detailed information that comprise the above  
MLS averages please visit [sig.mycalgary.com](http://sig.mycalgary.com)



## PRESIDENT'S MESSAGE

We are ready for another year of action as outlined in our AGM reports. This upcoming year will see an outlay of significant monies, principally to maintain and enhance our existing site with the rink and surroundings. We do have the resources; it is just prudent to note that our principal source of revenue is the hard work of our casino volunteers in getting us casino funds. With an annual operating budget of over \$80,000, we should be aware of how important those funds are.

Our financials are in good order. After discussing our financials and where we are going as an association, the membership was presented with a slate of those who were recommended to serve as directors. The slate included all our current directors. There was also one individual who was nominated from the floor. I congratulate Kelly Hopper, as well as the other members of the board, on their success. At an organizational meeting held immediately after, all Directors retained their current positions. Kelly was appointed as Director at Large.

This brings us to current critical needs regarding our volunteers. Our current Treasurer needs to adjust her board assignment. She will continue to serve as Treasurer until we find a suitable candidate. Thereafter she will serve as Director at Large. If you would like to try out the role of Treasurer, feel free to reach out to us. Amanda has already seen us through this year's audited financials and the transference to computerized accounting process; that means much of the heavy work has already been done. Another critical need is a key volunteer in the Rink Coordinator role. This individual needs to be in place prior to the skating season. We are

blessed with a good group of rink volunteers, but there needs to be someone to oversee this group. We will not be able to start our season without this position being filled. There has been some interest expressed, but no one has been successful in securing this role.

On many occasions your inquiries are answered by our government parties and agencies. It is because we foster strong partnerships with a variety of organizations. I was reminded of this when one of our business owners asked me to convey their appreciation for the efforts of an individual who works within such an organization. It made me think of all those who help us with your queries and our advocacy. As we advocate on your behalf, these persons advocate for us. So, thank you James, Ralph, Suzy, Richard, David, and Shawn. Your support and insights have been so helpful for the Signal Hill community.

It is a pleasure to chat with you through this forum. Questions, comments, ideas? Contact me directly at [president@shca.ca](mailto:president@shca.ca).

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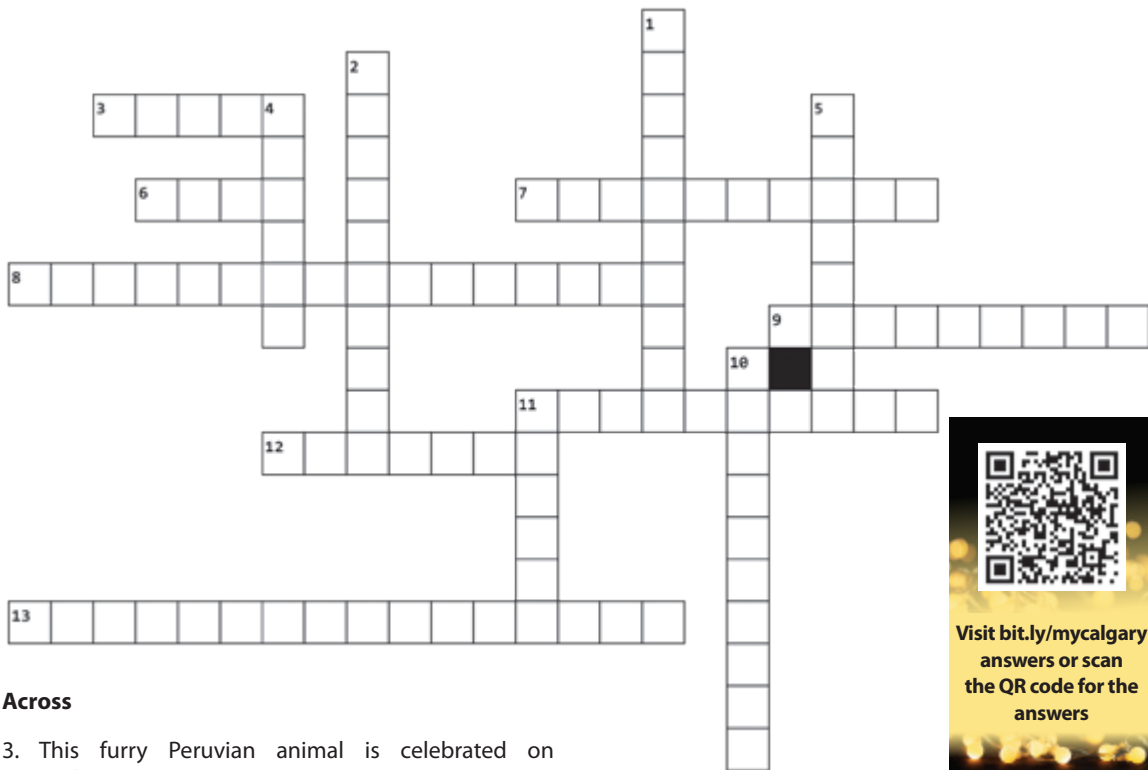
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# December Crossword



## Across

3. This furry Peruvian animal is celebrated on December 9 every year.
6. The Canadian Soccer Association formally became a member of this important sporting organization in December of 1912.
7. This sweet Canadian export has its own national day on December 17.
8. In December of 1982, TIME Magazine named this popular object Man of the Year.
9. This famous holiday candy is made to resemble a shepherd's staff.
11. This Schitt's Creek star was born on December 17, 1946.
12. This romantic New Year's Eve tradition originated from the Roman's Saturnalia festival.
13. This book concerning two rival families living in the moors of England, written by Emily Brontë, was published in December 1847.

## Down

1. These prestigious awards celebrating and honouring academics and philanthropists, were first awarded in December of 1901.
2. Sint Nikolaas, one of the most popular saints in Europe during the Renaissance, is better known as \_\_\_\_\_.
4. The highest grossing film of all time was released on December 18, 2009.
5. On December 17, 1903, the Wrights' first powered \_\_\_\_\_ was successfully used.
10. This Canadian singer won the 1998 Billboard award for 'Hot Soundtrack Albums' for her work on Titanic.
11. Canadians drink just under six million litres of this beverage in December.



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# 8 Tips for Beating Holiday Stress

Nancy Bergeron, R.Psych. | [info@nancybergeron.ca](mailto:info@nancybergeron.ca)



Whether your holidays are celebrated in a secular way or are steeped in traditional religious meaning, they are meant to be filled with love, laughter, fun, and family closeness. However, for many of us, this can be a time of extreme stress. What we envision in our minds, see on social media, and depicted in holiday movies, can be truly unattainable. Trying to get everything just perfect to match our expectations evokes visions of the movie classic Christmas vacation. So much is well intended, however, the execution falls short at each turn. Making lists for gifts and groceries, cooking/baking, house guests, planning for celebrations, and family obligations can add up to stress for most people at holiday-time. Help prevent holiday stress with the following tips.

**1. Plan ahead.** You know how it goes with procrastination – Christmas Eve spent scrambling through shopping malls and madly wrapping gifts. Plan your shopping list a month ahead and schedule time to shop early. Prepare any meals or holiday treats a few weeks before the holidays.

**2. Make time to relax.** Take time for activities you enjoy and find relaxing. For example, enjoy reading in front of a fire, or go skating with a friend or the family. Don't compromise a relaxing winter evening for another night in the shopping mall. Stay home with the family having a hot chocolate creation day, holiday movies, and popcorn night or a family and friend potluck.

**3. Put expectations in check.** If you're hoping for perfection (from yourself or your holiday experience), you might be setting yourself up for disappointment. Be realistic in your holiday preparations and the holiday experience itself.

**4. Look for help.** Do not try to take it all on yourself. Connect with your spouse, family, and friends and share the responsibilities for holiday shopping, preparing, and

cooking. Perhaps a cookie exchange or a potluck style traditional dinner where you are only responsible for the turkey and the guests all bring another part of the feast.

**5. Set limits.** Commit yourself to a budget to alleviate post-holiday financial stress. Stick to a certain number of gifts purchased and/or money to be spent. Say “no” to extra holiday work and be honest with yourself about the amount of energy and time you can devote to holiday events and guests. If your social calendar is over-booked, say “no” to an extra pre-Christmas party.

**6. Eat and drink but be healthy.** Holidays are usually full of all your favorite things – including sweets, treats, and cocktails. Practice moderation while enjoying parties and holiday meals. This is the time of year, we need to get sufficient rest, healthy foods, and hydration to ward off colds and flus.

**7. Let things go.** If family and relative interactions this time of year tend to turn into blow-ups and unmet expectations, the holidays are not the time to resolve old issues. We've had 11 months to confront these challenges with others in a more controlled, respectful, and healthy way. Write your grievances down to address in the early new year to allow time to work through or resolve some of these ongoing issues.

**8. Don't forget the fun!** Remember the reason for all your holiday planning, a season for celebration and time spent enjoying your family and friends. Take the time to remember what this holiday season means to you and enjoy it! This is where mindfulness comes in, be present and take in all the wonder of the season with all your senses.

Wishing you and yours, good mental health and all the joys of the season.

## CRIME STATISTICS



### Signal Hill Crime Activity was Down in October 2023

The Signal Hill community experienced 6 crimes in October 2023, in comparison to 7 crimes the previous month, and 9 crimes in October one year ago. Signal Hill experiences an average of 11.4 crimes per month. On an annual basis, Signal Hill experienced a total of 137 crimes as of October 2023, which is down 20% in comparison to 171 crimes as of October 2022. To review the full Signal Hill Crime report visit [sign.mycalgary.com](http://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](http://crimestoppers.ab.ca), or text tttTIPS to 274637.*

## BRAIN GAMES

# SUDOKU

		6					5	
7			6	4				
	1	8		5			7	
				6				7
1			4		8			2
3				1				
	3			2		8	4	
				3	1			9
	2					5		

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## TRAILERS



If you've ever thought about the term "trailer" when speaking of movies, you might have found it a bit odd that they play before the movie instead of after (hence the name). Interestingly enough, they used to show after the film, but people rarely stuck around to see them, so they reversed the order! It's a catchy name though so we can't blame them for keeping it.

## KINGS' CHRISTIAN CENTER CHRISTMAS IS HERE!

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Here are books by Pastor Mannie:

**The Dynamics of Godly Success | The Greatest Exchange | Dating Etiquette for Singles | The High-Functioning Marriage**



Hello, Ward 6,

Merry Christmas! Wishing you one filled with happiness and the laughter of those who matter most to you. I always look forward to the new year, as it brings hope and a renewed perspective on this great City we live in. I hope that 2024 is a year full of prosperity, health, and much joy for you and yours.

Looking back on 2023, the Ward 6 office staff are grateful to be your advocates, working with both your community and the City of Calgary Administration. Some of the things that our offices were asked to advocate for this past year were increased public safety, more traffic safety measures, removal of extraneous roadway signage, better traffic control at intersections, dead tree removal on boulevards, and much more.

One of Council's priorities this year is affordable housing for Calgarians. I am happy to support the Calgary Housing Strategy as I feel this comprehensive plan is crucial for addressing housing related challenges in our city and improving the quality of life for residents. I am looking forward to continuing this important work into 2024.

In October, I was selected to sit on ten Council committees. I will continue my work on the Audit Committee to ensure effective governance and compliance at the City. I am also excited to go back to my roots and join the Calgary Economic Development (CED) board. In the past, I helped CED to implement various investment initiatives and business retention strategies. I look forward to once again helping attract businesses and showcasing that Calgary is a liveable, welcoming, and prosperous city that any company will thrive in.

My office and I look forward to continuing our work with Ward 6 residents in building a community we are proud to live in.

Sincerely,

*Richard*

The Alberta government is continuing to support and install practices that will result in safer communities throughout Alberta. An additional \$709 million has been allocated for public security in 2023-24, an increase of \$84 million from the 2022-23 forecast. This is assisting with the expansion of policing options and the sheriff's branch to help municipalities fight organized and serious crime. By working with various levels of government and Indigenous organizations with a shared goal of increasing safety for Albertans, trust is being built between the public and the police that serve their communities. These investments will find local solutions to keep Albertans and their families safe, no matter where they choose to call home.

The Alberta government recognizes that police services, firefighters, first responders, and community service providers are critical partners in supporting Alberta's most vulnerable citizens and will continue to work with them to build out a recovery-oriented system of care for mental health and addiction. Collaboration between the province, municipalities, police services, and community organizations are connecting Albertans to recovery-oriented mental health and addiction supports and services which form a central component of corrections and community policing. With a specific focus on Edmonton and Calgary, an investment of \$94 million in 2023-24 is continuing to address the addiction crisis by building more recovery communities, establishing health-care services and community policing hubs, and establishing harm reduction and recovery outreach teams. Another \$12.5 million in 2023-24 is supporting the expansion of therapeutic living units within correctional facilities to help inmates access recovery-oriented treatment programs. This aims to reduce repeat offences and keep communities safe, while recognizing that mental health and addiction are healthcare issues.

Please contact my constituency office should you need assistance with constituency related matters.

May the spirit of Christmas fill your lives with love, hope, positivity, and joy. I wish you and your loved ones a very Merry Christmas and a happy, healthy 2024!

*Mike Ellis MLA, Calgary-West*



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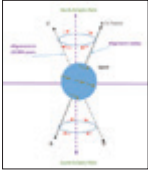
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## Polaris Hasn't Always Been the North Star

by Patricia Jeffery © 2023, Calgary Centre of the Royal Astronomical Society of Canada



Like a child's top, the Earth has a bit of a wobble as it spins on its axis. This is called precession and over the course of about 26,000 years, it causes the Earth's celestial poles to slowly move in a circle. As a result, the star closest to true north (or south) changes over time.

Occasionally, there is no bright star near the celestial pole, as is the case in the Southern Hemisphere today.

4,500 years ago, it is believed the Egyptians used the star Thuban to align the Khufu pyramid with true north. As Thuban never set and all the other stars appeared



to revolve around it, the Egyptians regarded the North Star as the portal to heaven. This played a vital role in their belief of the afterlife. There were many, many otherworldly steps involved when a pharaoh died, but eventually his soul travelled to Thuban where he joined with the Sun god Ra. From this lofty perch, he then ruled over the celestial realm, just as he had on Earth.

The following stars have repeatedly reigned as the North Star:

- Present day: Polaris
- 4,000 AD: Gamma Cephei
- 10,000 AD: Deneb
- 14,000 AD: Vega
- 21,000 AD: Thuban will once again wear the North Star crown

### The South Star

While there is currently no bright star close to the South celestial pole, for the past 2,000 years, people have used the constellation Southern Cross to find true south. It won't be until 4,200 AD that Gamma Chamaeleontis will lay claim to the title.





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