

NOVEMBER 2023

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VIEW

THE OFFICIAL SIGNAL HILL COMMUNITY NEWSLETTER

AGM
NOVEMBER 8



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Verve Aspen Woods invites you to our holiday edition of the SW Seniors Social Dance in partnership with the SCA Community Association. Enjoy an evening of dance and live music with Silence in B'tween along with a cash bar and treats prepared by Verve's Red Seal Chefs. **Fri., Nov. 24 from 7-10pm.** Tickets are \$10.

SCA Community Hall, 277 Strathcona Dr SW
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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 Esperance web@shca.ca
Business Liaison	Harrison Yau business@shca.ca
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
Maintenance Director	Vacant

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News, Events, & More



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Real Estate Statistics



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PRESIDENT'S MESSAGE

Note: The October issue duplicated my September message. This was my error. The following was my October message modified to reflect current information. Thanks to a few readers who alerted me to the error.

Water, water everywhere, and not a drop to drink! At least that is what some of our neighbours are dealing with in their own backyards. The result has been a constantly flowing stream of water like a mini creek that flows out onto Sierra Morena Blvd. I was asked to join those owning property to look at the problem with City officials. It seems that the flow is getting worse recently and can even create a hazardous walking surface during wintertime with building ice on the sidewalk. This has been an ongoing problem for the last two years. I met with persons from City Water in September. The City presented to residents at the Glendale Community Centre on September 27 at 1:00 pm.

An interesting result of that meeting is my introduction to a local HOA president (sometimes referred to as a Resident's Association). I had no idea that there are HOAs within the overall boundaries of Signal Hill! Not to mention a large number of Condo Boards as well. At times, collaboration can help with situations faced by both those independent groups and the community association. If you see value in having such a relationship and you are a chair or president, then we would like to hear from you. Any such contacts will be referred to our Business Liaison Director for follow up to see if there are areas where we can be supportive in meeting to "Engage with residents and businesses to improve the quality of community life."

I'm Canadian, so that means I'm mandated to comment somewhat about the weather. September was such a delightful month after a summer of smoke and fires throughout Canada. Now that we are passed October, there is still lots of sunshine even though it's a bit cooler. Not quite shorts season, but still quite comfortable. We have much to be thankful for!

This month we hold our Annual General Meeting. The date is November 8 starting at 7:00 pm. We will be using the boardroom at Westside Recreation Centre. We will also be streaming using the Teams platform. You will find the link and agenda on our webpage at www.shca.ca. This is your opportunity to see what your board has accomplished this year and have your say regarding the future direction of our association. Please join us either at Westside or online.

I always look forward to hearing from my neighbours, so please reach out to president@shca.ca.

Disclaimer: The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

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The Fruit That Made It into the News

by Kosha Vaidya, MBBS, CH

Chinese gooseberries are also known as kiwi fruit. Since they have made it into the news, kiwi fruits are becoming more popular.

Kiwi fruit is a good source of vitamin C; it's been said that they have the same amount of vitamin C as an orange, if not more. Kiwis have a good amount of fibre and are beneficial for people suffering from constipation. They are also a good source of potassium, which has been known to prevent strokes and to provide other health benefits as well. This fruit also has many antioxidants such as lutein and has been shown to be good for the prevention of age-related macular degeneration.

According to research, kiwi fruit has beneficial effects in relation to lowering blood pressure in people suffering

from high blood pressure. In these studies, people who ate three kiwis a day for eight weeks had a drop of upper/systolic blood pressure by 3.6mm. Therefore, including them in a healthy diet plan of getting five to seven servings of fruits and vegetables per day would be beneficial. However, I would be careful eating three kiwis a day as that would add up to 21 kiwis per week.

Kiwi fruit, like other fruits, should be eaten in moderation. This Chinese gooseberry contains oxalates, so people with oxalate kidney stones or gallbladder stones should limit kiwi intake. Some people may be allergic to them, and oddly, others who are allergic to latex are more prone to being allergic to kiwi fruit as well.

Whenever possible, try to buy organic kiwis. The best ones are not too firm or too soft.

I used to love to decorate cakes and fruit salads with kiwis as they add a nice colour contrast, which appealed to me. I guess after hearing the latest news about them, I will be adding them for all their known health benefits too!

Calgary  

The **Residential Parking Permit Program** limits on-street parking in busy areas so residents have better access to parking near their homes.


The program is offered by request. Only about 2% of households use this service.


New fees ensure that the cost of running the service is covered by those who benefit from it.


You only need a permit if your street has parking restriction signs and you want to park on the street.

22-0024302 ADV-23056 calgary.ca/rpp



Seven Ways to Break Free of a Trauma Bond

Nancy Bergeron, R.Psych. | info@nancybergeron.ca

What is a trauma bond or traumatic bonding? Trauma bonding happens when someone who has been in an abusive relationship, develops strong feelings for those who have abused them. A term you may have heard is Stockholm Syndrome. The abuse may range from emotional abuse to physical abuse and sexual assault. The victim may develop an emotional connection with the abuser, which can lead to incongruent intense feelings of attachment. These bonds can be challenging to overcome the longer the victim is with their abuser. There are 2 main factors involved in establishing trauma bonds: a power imbalance, and an intermittent reinforcement of good and bad treatment. These relationships are based on intensity, domination, and unpredictability.

What are some causes?

Attachment and dependence trauma bond can be formed when a victim experiences abuse and then remorse. For example: love bombing, trust and dependency, criticism, resignation of personal control, gaslighting, loss of self/self-esteem, addiction (to the cycle of push and pull).

Another cause can be biological responses which can aid the formation of trauma bonds such as: freeze response to a threat, and a cycle of dopamine and oxytocin (A.K.A. the honeymoon phase of abuser remorse and romancing).

When you feel trapped in a trauma bond, please know there is hope and help for you.

Here are seven ways to break free from a trauma bond:

Educate Yourself – learn the red flags of what relationships could turn into a toxic or abusive relationship, and the personality traits of an abuser. Read Patrick Carnes' *Betrayal Bond* and Gavin De Becker's *The Gift of Fear*.

Zero Contact – cut all contact, change your phone number, block, or quit all social media, ask friends to not give any personal information away.

Examine the Evidence – focus on what the abuser was/is doing, not what they are saying. Their words mean nothing if their behaviour never matches them.

Practice Self-Compassion – don't blame yourself. This was not your fault. You are not stupid.

Personal Affirmations – work on self-esteem by connecting with your friends and family who support and love you. Practice positive self-talk. Treat yourself with the same kindness you would a friend.

Mindfulness – journal daily and keep your focus on the present not the past. Looking back can cloud your judgement of how bad things really were as we tend to reminisce about mostly the good.

Professional Help – look for a therapist that has the training and experience to help you overcome the challenges of leaving a toxic relationship. A therapist who will help hold you accountable in taking care of yourself, and help you build back your eroded self-esteem.

**BRAIN
GAMES**

SUDOKU

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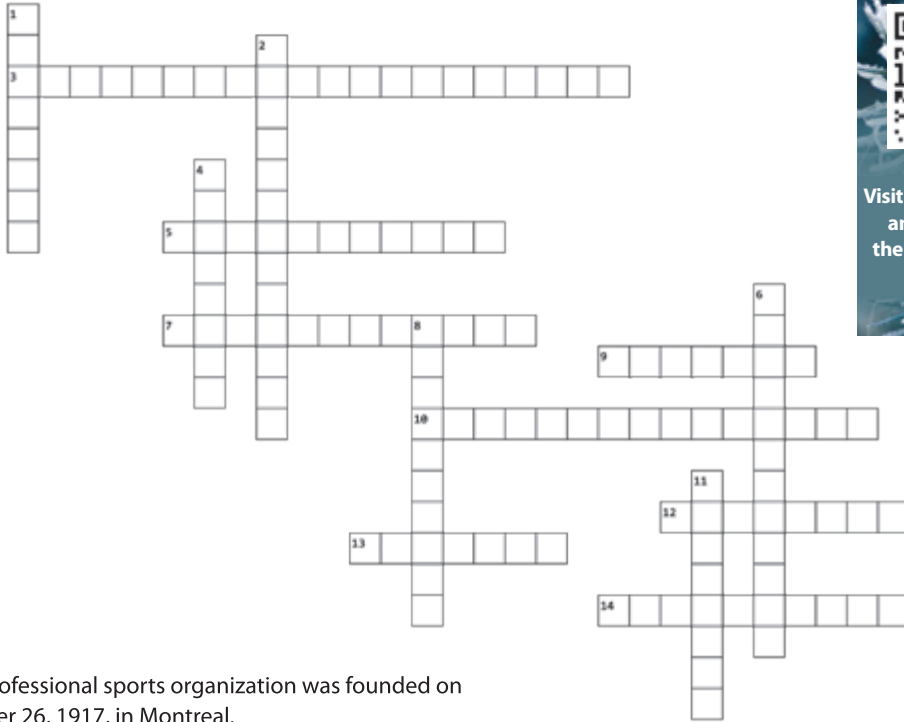
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November Crossword



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answers

Across

3. This professional sports organization was founded on November 26, 1917, in Montreal.
5. Born on November 12, 1980, but he's just Ken.
7. November is National _____ Month, and during this 30-day period, thousands of writers around the world attempt to complete a full manuscript – minimum 50,000 words.
9. On November 1, 1946, the fist NBA game occurred between the New York Knickerbockers and the Toronto _____.
10. This weekly country music radio broadcast premiered in Nashville, Tennessee on November 28, 1925.
12. This month is the only month used in the 26-letter NATO phonetic alphabet.
13. Pink Floyd's iconic 11th album, _____, was released on November 30, 1979.
14. On November 29, 1961, the Mercury-Atlas 5 circled the Earth twice with Enos, a male _____ onboard; thankfully, he survived the three hour and 20-minute space flight.

Down

1. On World _____ Day, celebrated on November 13, many wear cardigans in honour of Fred Rogers who promoted love and self-esteem building on his show.
2. November's official flower, which originates from East Asia.
4. Released on November 22, 1995, this film featuring Tom Hanks and Tim Allen was the first feature-length film made entirely by CGI technology.
6. The world's longest running play, written by Agatha Christie, premiered on November 25, 1952, in London.
8. November 1, 1611, was the first recorded performance of this Shakespearean tragicomedy. It was performed for King James.
11. The reason people grow moustaches in November.

Vietnamese Chicken and Pork Balls

by Jennifer Puri



“Yerba Bueno” or the Good

Herb refers to the dark green leaves of mint which are packed with nutrients, particularly Vitamin A which is essential for eye health and night vision.

Mint is big business and is used across the globe in everything from chutneys to mojitos. Commercial mint oils have become associated with toothpaste, candies, gum, chocolates, fragrances, and skin products.

We associate fresh mint flavour with oral hygiene, but for thousands of years we have also used it to clean our skin and as a “stomach soother”. Fresh mint leaves are edible cooked or raw. Cooking can help add flavour, but it can also be added to water, smoothies, herbal teas, salads, dips, sauces, and chocolate chip cookies. Peppermint tea is the perfect calorie and caffeine-free tea to drink any time of the day.

A generous portion of fresh mint and coriander leaves have been used in the preparation of this delicious version of Vietnamese Chicken and Pork Balls. Enjoy!

Prep Time: 35 minutes

Cook Time: 22 minutes

Servings: Four to six

Ingredients:

- ½ lb. ground chicken
- ½ lb. ground pork
- 2 eggs
- 1 cup finely ground bread crumbs
- 3 garlic cloves, minced
- 1 tbsp. fresh ginger, minced
- 3 green onions, finely sliced
- 1 pale yellow lemon grass stalk (located under the tough outer leaves), finely chopped (optional)
- ½ tsp red pepper flakes
- 4 tbsp. fish sauce
- 3 tbsps. fresh mint leaves, finely sliced
- 3 tbsp. of fresh coriander leaves, finely sliced

- ½ cup un-salted peanuts
- 8 oz. cooked vermicelli noodles
- 2 butterleaf lettuce heads
- Pickled vegetables
- Sweet chilli sauce
- Thai dipping sauce
- Coriander leaves for garnish

Directions:

- Preheat oven to 400 degrees Fahrenheit.
- In a medium mixing bowl, gently combine ground chicken, pork, eggs, fish sauce, garlic, ginger, green onions, lemon grass, bread crumbs, cilantro, and mint.
- Use wet hands to form golf ball size balls (approximately 18 to 22) and arrange on a foil-lined baking sheet, taking care to leave space between each ball. Bake for approximately 20 minutes, flipping once during cooking or until balls are cooked through.
- To serve, place a spoonful of vermicelli in each lettuce cup and sprinkle with Thai fish sauce. Top with chicken and pork balls, pickled veggies, sweet chilli sauce, peanuts, and coriander leaves to taste.
- Alternatively, serve chicken and pork balls on a platter attached to a toothpick and fresh or canned pineapple pieces. Garnish with pickled veggies and sweet chili sauce.

Bon Appétit!



Cats, Canines, & Critters of Calgary



Bisous, Deer Run



Fergus, Willow Park



Nacho, Panorama Hills



Marley, Brentwood

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Casino Volunteer Thank You

Another successful casino was held on August 15 and 16. A very dedicated group donated their time and energy (and sleep) to raising funds required to run our community for the next 18 months. Their names in alphabetical order are: Alice L., Alice L. (yes two of them), Andrea L., Brenda B., Brian L., Carol L., Cathy T., Chuck C., Dan B., Doug H., Doug P., Gerry L., Janet P., John G., Jun H., Ken M., Kevin S., Linda V., Lois F., Lu H., Masoud P., Norm T., Pauline P., Pamela K., Peter W., Ray W., Sam L., Shirley W., and last but not least, Vern M. Another group of volunteers put themselves "on call" to be available in case something got in the way - Bill H., Curtis L., Ghada Z., Jim C., Kevin S., and Ron W.

The Casino proceeds are aggregated with all other charities that hold casinos in the third quarter of 2023. Disbursement of funds is usually available to the community within two months of quarter end. We apply for our next casino on the morning after we complete our duties. Our application went in at 4:00 am on the August 17.

If you recognize one of your 36 neighbours' names in this list, make sure to thank them and ask them about their experience.

Thanks again,

Fundraising Director, Gord Vogt

Thank You



Councillor, Ward 6
Richard Pootmans

403-268-1646

Eaward6@calgary.ca

Calgary.ca/ward6 X f @pootmans

@richardpootmans9



MLA Calgary - West

Mike Ellis

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

403.216.5439

calgary.west@assembly.ab.ca

Hello, Ward 6

Winter can be a time for family fun, but there are several risks associated with the changing weather. Winter storms increase the risk of car accidents, hypothermia, frostbite, carbon monoxide poisoning, and heart attacks from overexertion.

Here are some ways to prepare for a winter storm ahead of time:

- Know the risks. Include your kids in the emergency discussion, communicate your whereabouts and how to evacuate the house if needed.
- Winterize your home.
- Pay attention to weather reports and warnings from Environment Canada. Sign up for Alert Ready notifications.
- Gather supplies in case of power outage. Keep in mind each person's specific needs, including medication. Don't forget the needs of pets. Have extra batteries for radios and flashlights.
- Create an emergency kit for your car: include jumper cables, sand, flashlight, blankets, water, and non-perishable food. Make sure always to keep your gas tank full!

Visit calgary.ca/getready to learn more.

Remembrance Day Commemoration

Please join the Ward 6 office and the King's Own Calgary Regiment on Saturday, November 11, 2023, at 10:45 AM for our annual Remembrance Day ceremony at Battalion Park. Originally named Camp Sarcee in 1915, Battalion Park commemorates the soldiers who trained in Calgary for the trench warfare of World War I. Your attendance at this notable ceremony is appreciated as we participate together in a community moment of silence to reflect on the sacrifices made by the brave Canadian Armed Forces.

Partners in Planning

The Partners in Planning program (PIP) is a free, award-winning certificate program offered by the Federation of Calgary Communities in partnership with The City of Calgary. The program is geared towards helping the public to develop skills for effective participation in the planning process. You can learn more at calgarycommunities.com/partners-in-planning.

Regards,

Councillor Richard Pootmans

www.calgary.ca/ward6

This being my first submission in the community newsletters in Calgary-West since the May 2023 provincial election, I would like to extend my gratitude for the support shown to me that resulted in my re-election as the MLA for Calgary-West. I remain committed to serving all constituents and to listening and responding to your concerns. Please contact my constituency office to reach me regarding constituency related matters.

As Deputy Premier and Minister of Public Safety and Emergency Services, I have been actively involved with numerous files. This summer's wildfire season has brought new challenges for Albertans and those who work hard to keep us safe. I recognize and thank all emergency services for their stalwart efforts on behalf of Albertans.

Ensuring and securing the safety and security of Albertans remains my top priority. As Minister of Public Safety and Emergency Services, I have allocated \$5 million to The City of Calgary to enhance the cleanliness within our LRT stations. Funding has also been provided for the training and hiring of 50 additional police officers for both Calgary and Edmonton. Upon obtaining their professional credentials, these officers will be dedicated to high crime areas, which may include LRT stations, to assist with maintaining law and order. To enhance public trust within our communities, I have mandated body cameras for all police officers in Alberta. Ongoing implementation of the Safe Streets Action Plan will extend supports to assist our law enforcement teams in holding criminals to account. The Alberta government continues to allocate additional funding to the many organizations that work daily to improve and maintain the security and safety of Albertans in both public and private spaces.

On November 11, Remembrance Day, we will remember the thousands of brave Canadians who made the ultimate sacrifice in the cause of preserving our freedom. I encourage you to join fellow community residents at the Battalion Park Remembrance Day ceremony as we commemorate this special day.

Mike Ellis, MLA Calgary-West



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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
October 22	28	22	\$459,950	\$447,000

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

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