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Signal Hill

Community Association

Board Contact List

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Secretary	Chelsea MacMillan secretary@shca.ca
Treasurer	Mandy van der Merwe treasurer@shca.ca
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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

TAKE ON WELLNESS

Fall Candle Care: How to Prevent Tunneling

by Evermore Handmade, Local Candle Business

Fall is a popular time for candlelight and cozy nights in, which means dusting off your candle collection. You might notice that some have developed a deep “tunnel” around the wick, making it difficult to light. Tunneling also shortens the life of your candle as only the wax in the centre of the candle will burn down.

Here are a few easy ways to prevent or fix tunneling so you can enjoy your favourite candles this season:

Prevention

When you light a candle for the first time, allow it to burn long enough to melt all the way to the edges of the candle jar. This ensures an even burn for the duration of your candle’s life as wax has a “memory” so to speak. The first burn sets the tone for subsequent burns and will help you get the most burn-time out of your new candle.

If you find that your candles are constantly tunneling, despite letting the wax melt to the edges of the jar, consider buying higher quality candles. Most candles on the market are made of paraffin wax (a toxic byproduct of petroleum) and are more predisposed to tunneling. Higher grade waxes like coconut, soy, or beeswax burn cleaner, longer, and more evenly.

The Fix

If you have an old candle that’s already tunneling, here are two easy ways to fix it:

1. Set your oven to 80°C (176°F) then remove anything flammable from your candle, such as labels or string. Once the oven is hot, place your candle on a baking tray for five minutes. This should heat the entire surface of the wax, making it smooth. With oven mitts, remove the candle and let it cool before lighting it.
2. Wrap aluminum foil around the top of your candle and angle it inwards like a dome. Ensure that the flame is far enough away from the foil and that there is still a hole to vent air. The foil will help the wax to heat up evenly. Keep a careful eye on your candle until the top layer of wax has melted, leaving a smooth surface, then remove the foil.

With these easy steps, you can enjoy your candles this season without any tunneling. If this article helped you, be sure to share it with a friend or loved one!

SCAN HERE TO VIEW ADDITIONAL SIGNAL HILL CONTENT

News, Events, & More



Crime Statistics



Real Estate Statistics





PRESIDENT'S MESSAGE

We have just completed our fiscal year and are about to start a new business year, so budgets are being finalized. In our September meeting, we provided orientation training and began the rather dry task of reviewing and codifying policy. These will build a framework for our activity for the next year. This strategic meeting will help us as we move forward. One position that is being deleted from the Board is that of Rink Coordinator. The position will still be there. It's just that the role doesn't need to meet the criterion of a board member. It's still a vital role, for if we continue to not have a Coordinator, our rink program might not be viable. Can I challenge our loyal and existing volunteer group to provide us with a Coordinator? Let's see.

Missing from our Board meeting this month was our Past-President, Brian Lawrence. Brian stepped off the Board at the end of this business year. His faithful service has been exemplary, and it will be a challenge to try to emulate his drive and absolute passion for his community. When word went out, you would be impressed by the accolades he received from those he worked with, both on the Board and our partners in the community network. All well deserved.

Don't worry, he will still be here as one of our more active volunteers. He and Gord are still fighting over who has the John Deere keys, and we met in August to start looking at other opportunities to volunteer outside of the community. You haven't seen the last of my friend Brian Lawrence.

I wanted to comment on your communications with me as your President. After every message I invite you to reach out to me with issues that affect our community. That is part of our mission to "Engage with residents and

businesses to improve the quality of community life." You have not disappointed me. I have received emails and messages all through the summer. For issues that we cannot effectively deal with on our own, we have engaged with our partners to seek an answer or some remedy. Advocacy is important, and we take it seriously, so please keep your comments coming. I would say that 100% of the emails have been to raise concerns about something in the community. While these are important, you can also email me about other things like program suggestions, events that will capture the community spirit, really the canvas is large. Thank you for trusting us with the issues you have submitted.

Thank you to our casino volunteers! Have you tried pickleball? Did you enjoy the food trucks? I met some of you while my wife and granddaughter tried the delicacies. So much we could talk about! Perhaps in a future edition.

If you wish to pass on your concerns or comments directly, please reach out to president@shca.ca.

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What Can't Go in Your Green Cart?

from the City of Calgary

No plastic plates or cutlery. No compostable plastic takeout containers (including cups, plates, or bowls). Even if these items are marked as "compostable," they are not accepted in Calgary's green cart program.

Please note that compostable bags are okay to use to line your kitchen pail. If using a bag to line your kitchen pail, only use certified compostable bags.

Why Can't Compostable Plastic Products Go in the Green Cart?

We tested a variety of compostable coffee pods, compostable containers, and compostable cutlery. These items did not break down at the composting facility, leaving behind compostable plastic pieces. This contamination increases costs and impacts the quality of the finished compost.

Please put compostable plastic items in the garbage.

Eating and Dementia

from Alberta Health Services



Encouraging someone with Alzheimer's disease or another dementia to eat enough may be a challenge. Here are a few tips that may help.

- If the person resists using a spoon or fork, don't force the issue. Some people may have vision or motor problems that make using a spoon or fork difficult. Serve food that can be easily eaten, such as finger foods. Prepare foods that they like and don't worry too much about how the food is eaten.
- Offer food often. This includes healthy mid-morning and mid-afternoon snacks.
- Set aside enough time for meals. They may take longer than others to eat.
- Limit choices, which can be confusing. Serve meals in courses, one food at a time.
- If they wear dentures, make sure they fit properly. Uncomfortable dentures can make eating painful and keep a person from eating enough.
- If the person is losing weight, consider adding a liquid nutrition. Ask your pharmacist or doctor for more information.
- Eat with the person.

**BRAIN
GAMES**

SUDOKU

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

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FOR THE SOLUTION**



Signs You May Have Depression

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

For many people with depression, symptoms are usually severe enough to cause noticeable problems in day-to-day activities, such as work, school, social activities, or relationships with others. Some people may feel generally miserable or unhappy without really knowing why.

Although depression may occur only once during your life, people typically have multiple episodes. During these episodes, symptoms occur most of the day, nearly every day, and may include:

- Feelings of sadness, tearfulness, emptiness, or hopelessness
- Angry outbursts, irritability or frustration, even over small matters
- Loss of interest or pleasure in most or all normal activities, such as sex, hobbies, or sports
- Sleep disturbances, including insomnia or sleeping too much
- Tiredness and lack of energy, so even small tasks take extra effort
- Reduced appetite and weight loss or increased cravings for food and weight gain
- Anxiety, agitation, or restlessness
- Slowed thinking, speaking, or body movements
- Feelings of worthlessness or guilt, fixating on past failures or self-blame
- Trouble thinking, concentrating, making decisions, and remembering things
- Frequent or recurrent thoughts of death, suicidal thoughts, suicide attempts, or suicide
- Unexplained physical problems, such as back pain or headaches

Some differences in symptoms you may see in teens and children:

- In younger children, symptoms of depression may include sadness, irritability, clinginess, worry, aches and pains, refusing to go to school, or being underweight.
- In teens, symptoms may include sadness, irritability, feeling negative and worthless, anger, poor performance or poor attendance at school, feeling misunderstood and extremely sensitive, using recreational drugs or alcohol, eating or sleeping too much, self-harm, loss of interest in normal activities, and avoidance of social interaction.



Differences in symptoms seen in older adults:

Depression is not a normal part of growing older, and it should never be taken lightly. Unfortunately, depression often goes undiagnosed and untreated in older adults, and they may feel reluctant to seek help. Symptoms of depression may be different or less obvious in older adults, such as:

- Memory difficulties or personality changes
- Physical aches or pain
- Fatigue, loss of appetite, sleep problems or loss of interest in sex — not caused by a medical condition or medication
- Often wanting to stay at home, rather than going out to socialize or doing new things
- Suicidal thinking or feelings, especially in older men

For some, depression is caused by a neurochemical deficit. While for others, depression is brought on by an event such as a breakup, death, job loss, postpartum, or a major stressful life event. Those with a neurochemical imbalance may need to seek life-time pharmacological treatment and therapy. Others, with less severe symptoms may recover quite well with just therapy alone. Some may need a combination of both for short term (four to six months). Never stop an antidepressant cold turkey as you can have life threatening side effects. Always speak with your doctor first and follow their protocol.

No matter what age group you or a loved one may fall under, it is important to seek help if your symptoms last for more than two to three weeks.



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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
September	22	22	16	\$717,450	\$684,600

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



FEDERATION OF
CALGARY COMMUNITIES

Signal Hill Park

The area north of the Battalion Park School on Sienna Park Drive, all the way to Signal Hill Drive, is affectionately called “The Joint Use Site” by the city. This space is leased from the city, for no fee (other than utilities), for the enjoyment of all citizens of Signal Hill.

When Signal Hill was imagined, a special fund was set up by the developers of Signal Hill to provide amenities the community would identify as having the most relevance to its members. Volunteer Community Association Boards were tasked with planning and implementing the ideas. During the late 90s and into the new Millennium, the plans came to fruition. A building was erected, and the rink was constructed. Many hours of volunteer thought and effort were now tangible.

The next efforts involved the landscaping of the areas surrounding the newly formed infrastructure. Through the generosity of Calgary Greenworks, a detailed landscaping plan was drawn up, and through two seasons and two landscapers, Alpha Better and Tree world, the parks were constructed and planted. Since 2001, the park area has been maintained by contractors and volunteers. The park is the largest expense incurred by the Community Association (using funds raised by casino volunteers, rental income, and memberships). Currently, the Board has hired FT Landscape to take care of the area from May until the end of September, providing continual maintenance throughout the summer. They work tirelessly to improve the plantings and keep the flora in good shape.

In addition to our landscapers, we have a dedicated group of volunteers from the community who work annually to keep the “Site” looking tidy and welcoming. John G. has planted flowerpots in the center of the parking lot for four consecutive summers. Terry M. used his gardening expertise to plant trees last year and grow perennials and wildflowers next to the parking lot stairs. He is keeping those new trees watered this summer. A small volunteer group: Brian L., James H., and Gord V., propels the John Deere tractor around the “Site”, keeping the lawn tidy throughout the summer. The efforts of all these individuals help to make Signal Hill an exceptional community.

If you are interested in learning more about our Joint Use Site, please contact fund@shca.com.

Halloween Trick-or-Treating Tips

A message from the Federation of Calgary Communities



Halloween can be a fun and exciting event for kids (and adults). Follow along below for some informative tips to increase safety on October 31.

Trick-or-Treating Tips

Residents:

- Turn on outdoor lights and replace burnt-out bulbs.
- Clear a path from the road to your front door and remove any potential obstacles or tripping hazards.
- Keep your pets safe. Confine animals indoors away from the unfamiliar (and spooky) guests at the front door.
- Beware of potential food allergies; consider alternative goodies.
- If you're driving, be cautious of Goblins, Ghouls, and Ghosts out and about in your neighbourhood.

Parents:

- Costumes should be short enough to avoid tripping.
- Having your child wear light-coloured clothing or reflective tape will help them be better seen by drivers.
- Create an easy-to-follow route with your children and teenagers.
- Travel in groups of three or four. Young children should be accompanied by a responsible adult.
- Practice crosswalk safety. Make your way up one side of the street and cross to the other side looking both ways; don't crisscross back and forth.
- Double-check your child's goodie bags to ensure everything is safe to eat.

For more resources, check out the Federation of Calgary Communities website at www.calgarycommunities.com.

Eat to Lower Your Risk of Diabetes

from Alberta Health Services



Diabetes is when your body cannot properly use and store the sugars broken down from food. This can lead to high blood sugar. There are many treatments available, including medication, physical activity, and healthy eating. Making healthy food and lifestyle choices may help lower your diabetes risk. It may also help you manage diabetes if you already have it.

- Eat regularly to keep energized throughout the day. It can be helpful to eat earlier in the day.
- Eat a variety of vegetables each day. It may lower your risk of getting diabetes or heart disease.
- Try filling half your plate with a variety of vegetables at every meal.
- Snack on carrots or celery sticks.
- Use spinach as a topper on your pizza.
- Add vegetables to your sauces. Try adding bell peppers to your marinara sauce, and zucchini strips to your pasta noodles.

- Include at least two types of vegetables at each meal. Try a Mediterranean Salad with Cheese recipe. It is full of vegetables, fibre, protein, and unsaturated fats.
- Try eating different coloured fruits and vegetables every day.
- Make water your drink of choice and limit sugar-sweetened drinks. The added sugars in drinks such as pop can add extra calories. Extra calories over time may increase risk of obesity, which can increase your risk of chronic diseases including diabetes.
- Choose a diet or sugar-free option instead of regular pop.
- Choose sparkling water instead of regular pop.
- Fill a bottle with water and carry it with you so you get in the habit of choosing water to drink.

Making healthy food choices can lead to long-term health. Start with making small changes. For more tips on how to make healthy eating a habit, call Health Link at 811 to speak with a dietitian.



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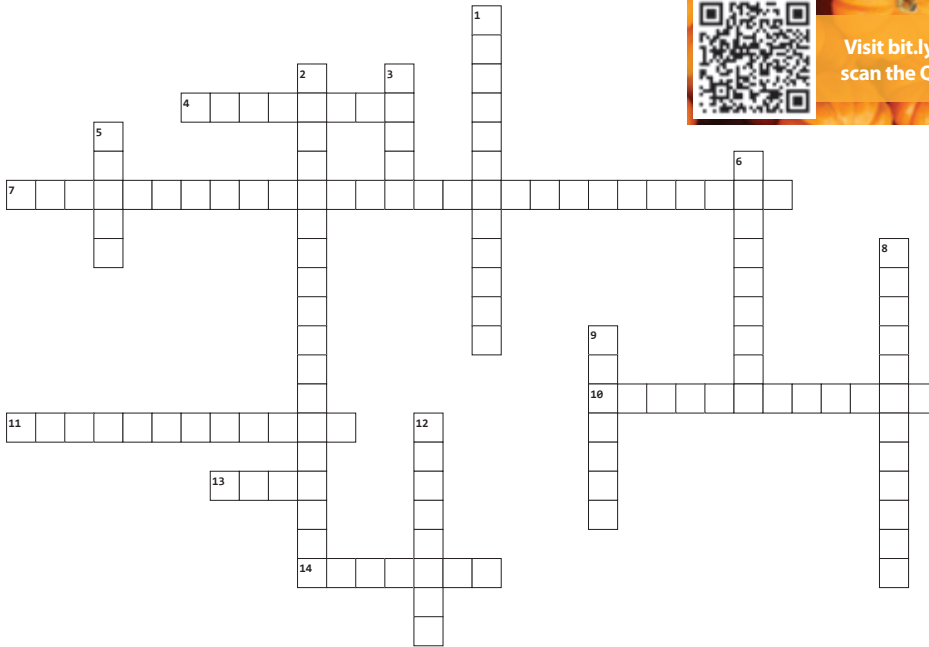
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October Crossword



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

Down

- In October of 2018, the longest postseason Baseball World Series game took place; the LA Dodgers beat the _____ after 7 hours and 20 minutes.
- Every fall, these majestic, winged insects migrate 4,000 kilometres from Canada to Mexico.
- Born on October 24, 1986, this Canadian rap artist rose to fame on the television drama, *Degrassi*.
- In the Middle Ages, this was used to sweeten candy.
- This traditional Halloween candy was originally called 'Chicken Feed.'
- Hailing from Transylvania, Vlad the Impaler served as inspiration for novelist Bram Stoker's blood-thirsty protagonist, _____.
- In North America, this fruit becomes very popular in October.
- Harvested in October and November in Canada, these legumes are a complete protein, meaning that they have all nine essential amino acids.

Across

- Published on October 27, 2016, this novel by Naomi Alderman depicts a world where females develop the ability to release an electrical charge from their fingers, thus becoming the dominant sex.
- Released on October 29, 1993, this stop-motion film, written by Tim Burton, is a Halloween classic.
- Born on October 9, 1823, _____ was the first woman to own and publish her own newspaper, *The Provincial Freeman*, in Canada.
- Observed on October 11, International _____ aims to celebrate and empower young girls while advocating for their rights and recognizing the unique challenges that they face.
- October's official birthstone and Australia's national gemstone.
- This 2,000-year-old Celtic festival marks the end of harvest and honours the spirits that are believed to walk the Earth on this day.



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Hello, Ward 6,

As we begin the season of thankfulness, reflection, and giving, I am reminded of the amazing residents in Ward 6. This past year I have met some outstanding citizens and discovered how incredibly lucky we are to have the remarkable comradery in our communities which makes our Ward flourish.

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.

Keep in Touch

Have you signed up for our digital newsletter? You can do so on my website at www.calgary.ca/ward6.

Keep up to date with all the latest from your Ward 6 Councillor! Follow me on social media.

Councillor Richard Pootmans

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Get Your Gas Fireplace Tuned Up; Fall Is On It's Way

Gas fireplace manufacturers recommend an annual clean and check by a qualified technician. Our experienced team can provide you with a thorough maintenance check for optimal performance of your fireplace with these services:

- Inspect the ignition system and check air shutter
- Clean and vacuum logs/media and burner assembly
- Clean and check the blower system
- Clean and test the thermopile, thermocouple, and pilot assembly
- Clean and test electronic ignition system
- Check gaskets and seals for leaks
- Measure valve readings for optimal operation
- Test for gas leaks
- Test for venting leaks
- Test for correct switch/thermostat operation
- Test spill switch connections and current flow
- Polish glass panel with fireplace cleaner

Service rates starting at **\$185**^(+GST)
Take advantage of this promotion
before November 15, 2023.

USE CODE **"FALLSERVICES23"**

Call to book your service today!

*Does not include parts replacement cost
or return trip charges.

You're Invited

Calgary French &
International School

FALL OPEN HOUSE

OCTOBER 25TH
9 AM & 7 PM

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Real Estate (Central)