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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

## BRAIN GAMES SUDOKU

	7			2			4	6
	6						8	9
2			8		3	7	1	5
	8	4		9	7			
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## 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 got into the rather dry task of reviewing and codifying policy. These policies will build a framework for our activity over 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 may 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 as of the end of this business year. His faithful service has been exemplary, and I will have 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. Brian and I 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." And you have not disappointed me. I have received emails and messages all through the summer. For issues that we cannot effectively deal with through our own initiatives, we have engaged with our partners to seek an answer or some remedy. Advocacy is important. 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; 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.

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

If you have any concerns or comments, please reach out to [president@shca.ca](mailto:president@shca.ca).

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## Word of the Month

**Metanoia: noun (met-uh-noi-uh)**

A transformative change of heart.

"Upon finishing her book, Alice experienced a metanoia."





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		Listed	Sold	Listed	Sold
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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
September	22	22	16	\$717,450	\$684,600
August	22	20	31	\$599,900	\$616,000

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

# Starting Fall SMART

from Alberta Health Services



Fall is the time to set goals! Goals help us make positive changes in our day-to-day lives that move us towards our hopes for the future. Goals are like a map – they guide us. They provide us with a sense of ease and comfort knowing that we have a plan. Setting them gives us an opportunity to reflect and prioritize what we find most meaningful. Goals that we share and work on with our family, friends, or colleagues can also build stronger relationships and closer connections.

Goal setting should not have to be overwhelming or leave us feeling trapped, which is why many reframe it and call it “intention” setting. Intention is rooted in our beliefs and values but focuses on present actions rather than far-off outcomes. Whether we set goals or intentions, we need to give ourselves the freedom to change our minds and adjust our goals as we move towards them.

One tool that can support your process in setting goals is using the SMART strategy.

**Specific** – What exactly would you like to do? What is your aim?

**Measurable** – How will you know if you are moving towards your goal? What will you see?

**Achievable** – Can you act to reach your goal? Is it something you can do?

**Relevant** – Does this goal have meaning for you?

**Time** – When would you like to reach this goal?

All parts of our lives can benefit from setting meaningful goals. Here are a few ideas on where you could get started today:

**Attitude** – Being positive, hopeful, and grateful or seeing the good.

**Physical Health** – Being active, eating healthy food, sleeping, and drinking water.

**Relationships** – Spending more time with family and friends.

**Public Service** – Volunteering, helping your community.

Taking the time to write, type, or vocalize our goals will set the stage for us to reach them! Another important piece of the puzzle is to celebrate our successes along the way. Focus on all that you have done rather than on things that you still need to do.

Remember to be kind to yourself. This is a good year to think about what is important and fall gently back into our routines again!



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## 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 by the city “The Joint Use Site.” 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. Also, 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.ca](mailto:fund@shca.ca).

## Back-to-School Safety Tips

*A message from the Federation of Calgary Communities*

The school year should be safe and educational for everyone – kids and parents should be aware of the following safety tips before the start of the semester.

### Safety Tips for Your Child:

Make sure that your child knows the following:

- Their full name, age, address, area code, home phone number, and parents' work/cellphone number(s).
- How to contact police, fire, and EMS in an emergency (9-1-1) and in a non-emergency (403-266-1234).
- To use the same route to and from school.
- Where the safe places are to play (front and backyards, playgrounds).
- What places to avoid (vacant lots or dark, wooded, bushy areas).

If your child is being followed by a person or car, make sure that they know to do the following:

- Turn and run in the opposite direction;
- Get a description and licence plate number of the stranger's vehicle if possible;
- Run to the closest safe place; and,
- Stay in open areas that are visible.

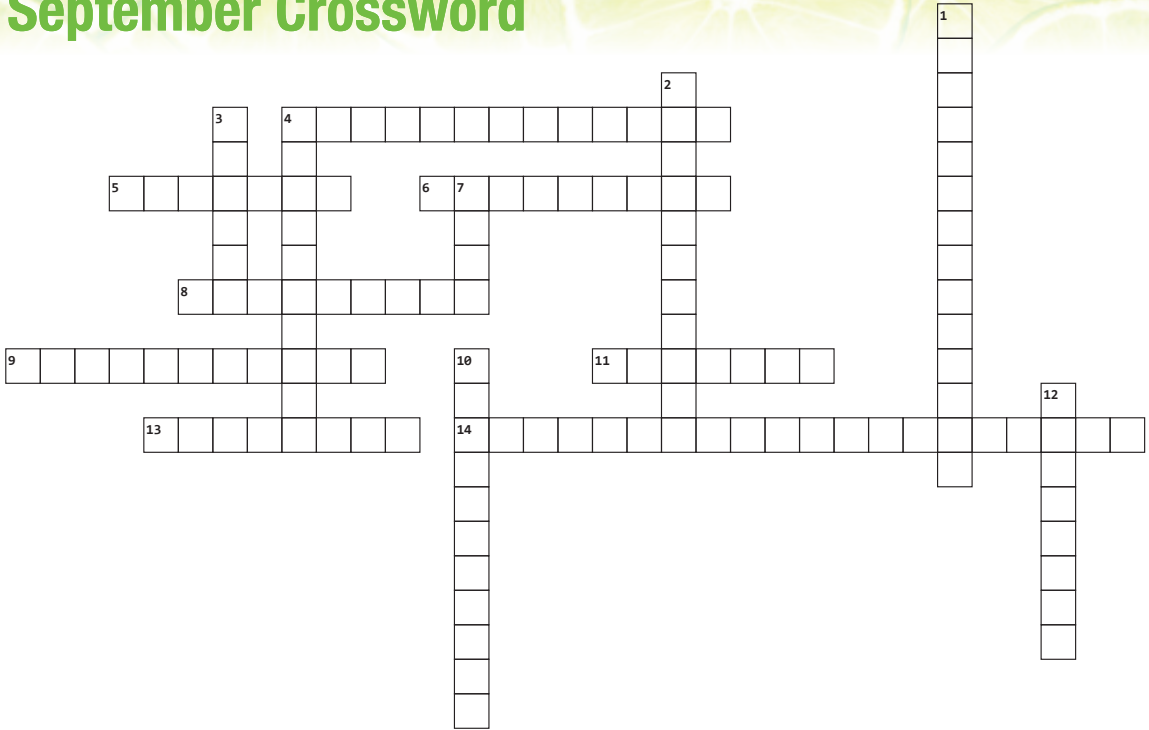
Remember to tell them that uniformed police officers are friends who can be trusted.

### The Stranger Rules

Familiarize your child with “the stranger rules.” These rules will help keep them safe.

- Never talk to strangers.
- Never take anything from strangers.
- Never go anywhere with a stranger.
- Do not be fooled by tricks or phoney conversation.
- If a stranger tries to grab you, yell, scream, and kick.
- Never tell a stranger that you are by yourself or that your parents or guardian are not home.
- It's a good idea to implement a difficult to guess, but easy to remember, “code word” that an adult must share with your child before your child trusts/goes anywhere with them (e.g., the colour of their shirt, what they had for breakfast that morning, etc.).

# September Crossword



## Across

4. On September 23, 2023, also known as the \_\_\_\_\_, night and day are approximately the same length.
5. On September 1, 1905, this Canadian province was named after Queen Victoria's daughter.
6. Published by John Ronald Reuel on September 21, 1937, this novel is a prequel to one of the most popular fantasy series of all time.
8. On September 13, 1969, CBS aired this cartoon mystery series, and as a result, this day is known as \_\_\_\_\_ Day.
9. Born on September 21, 1947, this well-known horror author's work has been adapted over 50 times for film.
11. Once called the Mayor Daley Marathon, this marathon, which first took place on September 25, 1977, is one of the world's six major marathons, the others being Berlin, Boston, London, New York, and Tokyo.
13. This Kyoto-based company was founded by Fusajiro Yamauchi on September 23, 1889, and originally produced handmade Japanese playing cards.
14. Published by Gaston Leroux on September 23, 1909, this novel was originally published in segments in a French newspaper called *Le Gaulois* but has also been adapted into a film and musical.

## Down

1. Set in the Stone Age, this popular animated family show premiered on September 30, 1960.
2. On September 12, 1970, the \_\_\_\_\_ was the first to launch a robotic probe that brought back rock samples from the Moon to Earth.
3. The Battle of the Plains of Abraham, which lasted 15 minutes and took place on a farm, led to the surrender of this city.
4. On September 13, 1899, the first ever recorded fatal \_\_\_\_\_ crash occurred in the United States.
7. This iconic Enrique Iglesias song was released on September 3, 2001.
10. This coming-of-age novel, set in 19th century Massachusetts and written by Louisa May Alcott, was published on September 30, 1868.
12. International \_\_\_\_\_ Day is observed on the third Saturday of September and is intended to bring awareness to this endangered, ring-tailed mammal.



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## **Celebrate Calgary Culture Days**


*from the City of Calgary*

Calgary Culture Days takes place from September 1 to 30, 2023, and is an opportunity for all Calgarians to discover,

experience, and celebrate arts and culture in their community, downtown, and across the city.

Calgary Culture Days coincides with Alberta Culture Days through the month of September and with National Culture Days, which is celebrated from September 22 to October 15, 2023.

Find out more information on Calgary Culture Day events on [calgary.ca/culturedays](http://calgary.ca/culturedays).



## *The Victoria*

On September 20, 1519, explorer Ferdinand Magellan, with five ships and 270 men, set sail from Spain in search of a route to Indonesia. After three treacherous years, 18 men and one ship, *The Victoria*, remained. Captained by Juan Sebastian Elcano, *The Victoria* became the first ship to circumnavigate the globe!

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# Brunch Asparagus with Goat Cheese

by Jennifer Puri

Native to the Mediterranean, the roots of the asparagus plant can be traced back to the ancient Egyptians, Romans, and Greeks. Records show it was a prized vegetable in Rome during the Middle Ages. Asparagus saw a rise in popularity in France during the reign of Louis XIV and was enjoyed by fashionable society across Europe. Asparagus was always considered a luxury item until recent times.

Asparagus or “sparrow grass” has been referred to as the King of Vegetables and is low in calories, high in fiber and folate, and rich in vitamins, minerals, and antioxidants.

There are 300 species of asparagus and people have been eating these dark green vegetable spears with tiny leaves on top for centuries. Asparagus has a distinct flavour and is related to onions, leeks, and garlic. Green asparagus is eaten worldwide. White and purple asparagus are sweeter and more flavourful.

Contrary to popular belief, thickness is not an indication of toughness or tenderness. Asparagus stalks are thick or thin from the moment they spring from the ground.

Asparagus can be steamed, sautéed, grilled, or roasted as it is in the following brunch asparagus with goat cheese recipe.

**Prep Time:** 20 minutes

**Cook Time:** 25 minutes

**Servings:** 3 to 4

**Ingredients:**

- 1 lb. Asparagus spears
- 1 tbsp. Dijon mustard
- 2 tbsp. rice wine vinegar
- ½ tsp. salt
- ½ tsp. coarse ground black pepper
- ½ cup extra virgin olive oil
- 2 cups of cubed white, brown, or multigrain bread
- 2 cups of cherry tomatoes
- ½ cup of crumbled goat cheese or feta cheese
- 2 tbsp. of finely chopped parsley, basil, or chives



**Directions:**

- Prepare marinade by combining mustard, vinegar, salt, pepper, and olive oil in a small bowl. Stir until all ingredients are blended and form a smooth mixture.
- Heat Oven to 375 degrees Fahrenheit.
- In a medium size bowl, toss together bread cubes, cherry tomatoes, and 2 tbsp. of the marinade. Spread the bread cubes and cherry tomatoes in a single layer on a baking tray. Place tray on the middle rack of the oven and bake until bread cubes turn a light brown and cherry tomatoes have softened (approximately 12 minutes).
- Remove from oven and set aside.
- Increase oven heat to 400 degrees Fahrenheit.
- Prep the asparagus spears by rinsing under cold water and patting dry with paper towel. Remove and discard the tough bottom parts of the spears and then spread them in a single layer on a foil lined baking tray. Drizzle remaining marinade over the spears and then place on the middle rack in oven. Bake time is 8 to 10 minutes for thin spears, 10 to 12 minutes for medium spears, and 12 to 14 minutes for thick spears.
- Remove asparagus when cooked and arrange on a serving platter. Top with croutons, cherry tomatoes, crumbled goat cheese, and garnish with chopped fresh parsley, chives, or basil leaves.

Brunch asparagus with goat cheese can be served at lunch or brunch and pairs well with eggs, roast ham, chicken, or turkey.

Bon Appétit!





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