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		Listed	Sold	Listed	Sold
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September	24	36	22	\$497,400	\$523,500
August	24	19	20	\$479,900	\$473,950
July	24	27	20	\$806,500	\$829,250
June	24	24	21	\$550,000	\$545,000
May	24	27	24	\$464,450	\$487,500
April	24	26	20	\$592,400	\$587,500
March	24	13	17	\$779,900	\$810,000
February	24	19	18	\$699,950	\$709,950
January	24	18	19	\$689,000	\$685,000
December	23	4	10	\$669,950	\$653,750
November	23	16	11	\$514,900	\$520,000

To view more detailed information that comprise the above  
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**SCAN HERE TO VIEW ADDITIONAL SIGNAL HILL CONTENT**

**News, Events,  
& More**



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Statistics**



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# Signal Hill Community Association

## Board Contact List

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Maintenance Director	Vacant
Director at Large	Kelly Hopper director1@shca.ca



### PRESIDENT'S MESSAGE



Did you see the green bin signs that are located here in Signal Hill? They signal a change in season. In the last week of November, I hauled up my winter coats and other seasonal items (coats, decorations, etc.) so my wife and I will be ready for winter. As a community, we need to be ready too.

Are you remembering to adjust to winter driving conditions? We hope so. It always seems in my first few days, I have to remember to slow down, engage my snowy condition settings in my vehicle, and give lots of room at intersections to other vehicles.

Keep watching for details on our calendar for when the ice is ready at the rink and what other activities we will have in the community.

It was good to see some of you at the Annual General Meeting that was held last month. We had our organizational meeting immediately afterwards and were right back to work. Our December meeting of the board was in the first few days of December, and I will update you in January. Were there any questions that we missed answering for you at the AGM? The statutory nature of AGMs does not allow for a lot of time to deal with topics that can be explored by your questions; many times, we need specifics to help clarify and satisfactorily answer your concerns. Send us an email and we will work on those concerns in the future.

I also noticed that you haven't provided us with feedback on some of our other proposals for community efforts. As an example, nothing from the photography query or the art project (Artistically painting some of our very plain utility boxes). Are there other things that you feel we should prioritize?

As always, you can reach me at [president@shca.ca](mailto:president@shca.ca) or [info@shca.ca](mailto:info@shca.ca).





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# Cold Weather Safety

by Alberta Health Services

Emergency Medical Services (EMS) paramedics respond to a number of cold weather-related emergencies every winter. However, by taking appropriate measures to dress properly, anticipate sudden weather changes and preparing to be out in the cold, may reduce your risk of sustaining a cold weather illness/injury. It's also advised you store an emergency kit in your vehicle at all times containing extra clothing, blankets and other road-side supplies.

### Frostnip

- Frost-nipped skin is extremely cold, but not yet frozen skin;
- It commonly affects the ears, nose, cheeks, fingers and toes;
- The skin may look red and possibly feel numb to the touch;
- When treated promptly, frostnip usually heals without complication;
- Move to a warm environment and immediately, but gently, re-warm the affected area through skin to skin contact (i.e. hand covering tips of ears).

### Frostbite

- Frostbite occurs when skin becomes so cold, the skin and underlying tissues freeze;
- Affected skin may look white and waxy and will feel hard to the touch;
- Move to a warm environment immediately and place the affected area in warm, *not hot*, water until fully re-warmed;
- Call 9-1-1 or seek further medical attention as required.

### Hypothermia

- Hypothermia is abnormally low body temperature, less than 34°C (as compared to normal body temperature of about 37°C);
- Early hypothermia may manifest as profound shivering; moderate hypothermic patients may act inappropriately: stumbling, mumbling, and fumbling, as their body temperature continues to drop resulting in severe hypothermia (<30°C);
- Left untreated, severe hypothermia may progress to unconsciousness or death;



- Early recognition and prompt medical attention is key. Call 9-1-1. Don't forget to protect yourself from the factors that originally lead to the patient's situation;
- Initiate gentle re-warming as quickly as possible. Remove any wet or constrictive clothing; cover with blankets or sleeping bags. Protect from further heat loss: eliminate contact with cold surfaces, and shield from wind and moisture.

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# Calgary's Christmas Markets

by Anthony Imbrogno (*The Calgary Heritage Initiative Society/Heritage Inspires YYC*)

From malls to promenades to markets, there's plenty of heritage tied to Calgary's history as a bustling commercial city and trading centre.

Christmas markets date back to medieval Europe, with the first in Vienna in 1296. Early markets were not explicitly for Christmas, they were opportunities to gather provisions before winter. By 1310 in Munich, crafts, confectionaries, and roasted chestnuts were on sale at a Saint Nicholas market. As the tradition spread across German-speaking regions, markets became stylized as "Christkindlesmarkt".

Today the winter and Christmas season is marked by annual markets all around Calgary. Two are especially interesting for their heritage aspects. First up is Heritage Park's Once Upon A Christmas, complete with carol singing and wagon rides.

Heritage Park Historical Village opened in 1964 with the goal of connecting people to history and preserving our culture and heritage. It's a living museum spanning the history of the West from Indigenous cultures and the 1860s fur trade to the 1960s.

Many Calgary and area heritage buildings were relocated here, including Banff's NWMP Barracks and Bruderheim Windmill. While it's preferable to retain heritage buildings at their original locations to best interpret local history, relocation is sometimes the only option to preserve a structure. And then there are reconstructions, like the Wainwright Hotel.

At Gasoline Alley Museum, there's a public collection of antique vehicles and artifacts. You can also experience 19th-century travel either by steam train or lake paddle steamer.

Another market happens at Spruce Meadows. Its International Christmas Market began in 2001, following cities worldwide in a revival of markets in the 1990s. The location is a premier international horse sports venue. It was opened in 1975 by the Southern family, who sought a down-to-earth atmosphere for the sport.

The facility hosts equestrian show jumping and breeds and trains Hanoverian horses. In 2019, it became the home of Cavalry FC, Calgary's Premier League soccer team.

Let's not forget the markets held all around Calgary. Check out your neighbourhood's event information for one near you.

And stay tuned in 2025 for a special series of articles for Calgary's 150th anniversary year.

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"Wainwright Hotel, Wainwright, Alberta," [ca. 1911-1912], (CU1126598) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. The hotel burned down in 1929. A reconstruction is in Heritage Park, Calgary, Alberta. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1FKK337WS=SearchResults>.



<https://digitalcollections.ucalgary.ca/asset-management/2R3BF1OJNKB37WS=SearchResults>. "First Nations parading on 7th Avenue at the Santa Claus parade, Calgary, Alberta," 1931, (CU1107062) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. First Nations parading on 7 Avenue, Calgary, Alberta. At the Santa Claus parade. Courthouses and land titles building to rear.



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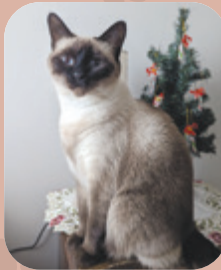
Amy Millar for Canada at Spruce Meadows, photo by daveblogs007, 2016 (This image is licensed under the Creative Commons Attribution 2.0 Generic license). [https://commons.wikimedia.org/wiki/File:Spruce\\_meadows\\_Calgary\\_Alberta\\_Amy\\_Millar\\_\(28973543633\).jpg](https://commons.wikimedia.org/wiki/File:Spruce_meadows_Calgary_Alberta_Amy_Millar_(28973543633).jpg).



# Cats, Canines, & Critters of Calgary



Chip, Woodbine



Echo, Signal Hill



George, Huntington Hills



George, McKenzie Towne



Lola, Calgary



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## Signal Hill Fundraising Casino

January 1 and 2, 2025

We are starting the new year off with a bang. Our AGLC approved Casino is the Signal Hill Community Association's most important fundraising event. It is taking place on Wednesday, January 1 and Thursday, January 2, 2025. We require approximately 40 volunteers to help run (with assistance from experienced advisors) a two-day casino. No experience necessary.

For this event, we are scheduled for the new ACE Casino. The funds raised help take care of 75% of the operating cost for the community. These include outdoor rink expenses (Olympia repair, utilities - lots of water), a landscaper for the garden park, and building maintenance and repairs. The use of the AGLC restricted funds give us the ability to do fun things with our other funds. Please sign up to volunteer at [volunteersignup.org/E7DD7](http://volunteersignup.org/E7DD7).

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by Community Health Promotion Services

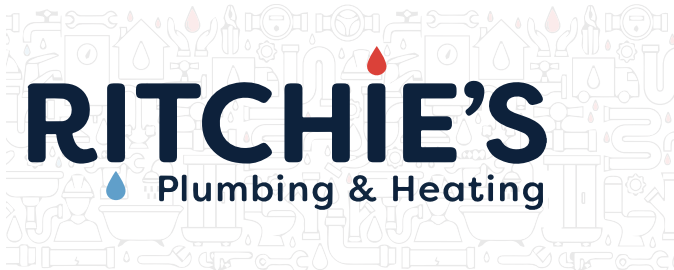


Technology is not going anywhere, in fact, it will continue to advance in the coming years. We use it everywhere, for school, work, and leisure. Strong connections and relationships are a protective factor for us that has been shown to help buffer risk and boost resilience. The availability of computers, smartphones, video consoles, and other electronic devices have given many the opportunity to always be connected. However, it is the time, the content, and reason of use that we want to focus on.

To ensure healthy technology use among the young people in your life, there are 4 Ms that you can refer to:

- **Manage:** The information online can be easily accessed but you can manage this by setting limits and clear expectations of use. It is also useful to continually learn about different platforms, especially those most popular in your life. For instance, using your phone during certain times of the day, what you can post, having limit checks, or learning about privacy settings on apps like TikTok to ensure healthy use.
- **Meaningful:** To see the positive impacts of technology, you want to make sure that the use is active, educational, and social. Is social media being used to post and connect with peers or are the people you love feeling FOMO “fear of missing out” on an event that may be posted by their peers.
- **Model:** If you are setting rules and expectations, you want to also follow what you are asking the young people in your lives to do. Review your own use, are you on your phone during dinner or before bed? Ask them to show you platforms they are using and ask questions about the posts they see, for example, how this makes you feel, or do you know what filters are?
- **Monitor:** The monitoring of use will help you to see if there are any warning signs of problematic use. When they are not using technology, are they bored or angry, have low self-esteem, are they exhibiting worsening symptoms of mental health issues such as anxiety, or does it interfere with school, social interactions, or sleep?

There are pros and cons when using technology. We encourage the use of the 4 Ms as a tool to ensure the positives of technology outweigh the negatives.



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by Garth Paul Ukrainetz

It's Christmastime in Calgary

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Forever sharing starry light

The whitetail deer in Nose Hill Park

Prancing over city's glow

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Gentle as the falling snow

And high on top of every tree

The stars and angels overlook

For bleak and icy winter hearts

The melting grace of warm chinook

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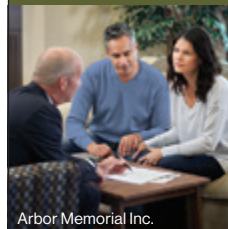
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\*January 5 - 30, 2025

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Women in Need Society (WINS)

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Bring this ad to WINS Glenbrook to get a special gift—our way of saying thanks for choosing to gift with purpose. Special offer valid until December 31st, 2024.

*Want to make an even bigger impact?*

Scan the QR code above to **volunteer** or **donate** and help us support families in need.

### **WINS Store Locations**

Beltline · Bowness · Dover · Glenbrook (new!) · Macleod Plaza · Manchester (new!) · Richmond

Charitable Registration No. 135 185 411 RR0001

# 'Tis the season to share the



with friends, neighbours, and those you love.

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**Wishing you all the best this season.**

Friend  
Neighbour  
Realtor<sup>®</sup>  
**David Pelletier**

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