

NOVEMBER 2024

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VIEW

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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
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## *So Are the Days of Our Lives*

*Days of Our Lives* first aired on November 8, 1965, making it one of the longest-running soap operas! The original title sequence, voiced by actor MacDonald Carey, who played Dr. Tom Horton for nearly 30 years, is still used today!



## Peanut Butter Lovers Month

Did you know November is Peanut Butter Lovers Month? Although, many believe George Washington Carver is the person to thank for this tasty, nutty treat. It was actually Canadian chemist Marcellus Gilmore Edson who patented peanut paste in 1884, by milling roasted peanuts between heated surfaces.

Now you know who to thank for your favourite spread!



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**SCAN HERE TO VIEW ADDITIONAL  
SIGNAL HILL CONTENT**

**News, Events,  
& More**



**Crime  
Statistics**



**Real Estate  
Statistics**



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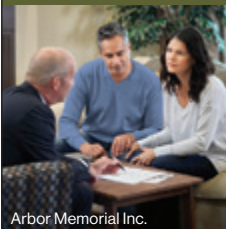
# Signal Hill

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
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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
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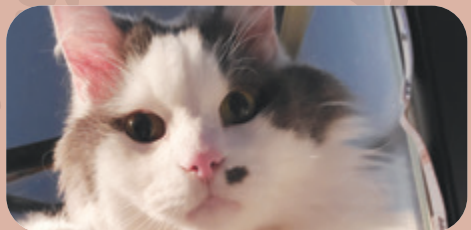
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Teddy and Sassy, *Foothills*



Tika and Chiko, *Stradwick Rise*



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## PRESIDENT'S MESSAGE



Budgets are set. We are now focusing on our AGM, which is on November 26. We will hold the AGM at the Westside Recreation Centre in their Education Center. We are also working on having an online option for attendance. Check out our website for updated details.

Last year, we opened the use of the rink for more recreational activity. For many seasons, Pedalheads has operated a bicycle training course with great success. Another successful advent was the introduction of pickleball during the summer season. Residents are also seeing different uses for the rink (i.e. ball hockey). That's wonderful! As an association, I encourage all to think of ways that you could use our site for your events. I just checked the calendar on the website, and things are pretty well open until of course, snow arrives. What about events around the gazebo or pathways that are above the rink? We are always open to exploring opportunities with you and finding different ways in which our shared space can be used for your activities.

Usually, I put in a plug about the volunteers that we need for the board, but as you probably noticed in the banner, we also need volunteers for specific events. We have two casino nights coming up, and while Gord, our Fund Director has many already lined up, he has room for more. Reach out to him at Funds@shca.ca and he will provide you with the details you need to secure a volunteer shift.

To advocate on behalf of the community, a number of board members attend meetings that we have been invited to. Sometimes we observe and/or remain neutral, and other times, we need to be more active. Much of that depends on the level of community involvement and what you have passed onto us. Really a community association should be a mirror of the entire community. We take this role very seriously, so if you see me or another board member attending the same event you are at – take a moment to come and pass along your feelings as to how our community is doing in providing a safe, livable, and caring community.

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

# Tips and Gifts for a Less Stressful Holiday Season

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



**1. Plan Ahead:** You know how it goes with procrastination – Christmas Eve spent scrambling through stores 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 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:** Try not 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, Drink... But Be Healthy:** Holidays are usually full of all your favourite 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 eleven 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 of your senses.



# Photo Corner

by Terry Martin



## Gift Ideas to Calm the Nervous System:

- Weighted Blankets – Great for easing anxiety, sensory challenges, providing a feeling of safety, and self-soothing.
- Journal Books – With guided prompts or blank – getting your thoughts out of your head and onto paper is a good way to dump over thinking and anxiety.
- Aroma Therapy Diffusers – There are many scents to choose from based on the effect you are looking for such as energize, relax, etc.
- Colouring Books and Pencil Crayons – To reconnect with your inner child, take the focus off your anxiety, or just a quiet activity to destress.
- Puzzles – I'm referring to good, old-fashioned, lay it on the dining room table puzzles. Great to do alone or with others.
- Sound Machines – Whether it's the sound of waves crashing, a thunderstorm, or sound of a rainforest, the soothing noise calms your nervous system.
- Sunshine Lamps – The SAD (Seasonal Affective Disorder) season is upon us and even if you don't think you suffer from SAD these lights are sure to perk you up.
- Chill-Out and Meditation Playlists – Meditation apps to get your Zen on, and practice mindfulness and being present.
- Massage Gift Certificates – If you don't care for a body massage, you could try reflexology or reiki.
- Warm Socks or Slippers, Wraps and Blankets – Warming up in something cozy brings comfort and allows us to relax our tense muscles.
- Gratitude Jar and Fancy Paper – Throughout the year write something you are grateful for at the end of each day and then on New Year's Day you can read them all and count your blessings!
- Bubble Bath, Bath Bombs, and Candles – Nothing better than a hot scented bath to soak your stresses away.
- Fuzzy Hat, Gloves, and Scarf – To crunch along the crisp snow and get some fresh air and sunshine.
- Herbal Teas – Something aromatic and soothing or spicy and invigorating depending on the mood you want to create.

Wishing all of you a wonderful and stress-free holiday season.

## 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).

## Stay Steady: It's Fall Prevention Month

by Calgary and area Primary Care Networks

It's not unusual to occasionally take a tumble — uneven sidewalks, slippery conditions in the winter, or even misjudging the height of a stair are all common culprits.

As we age, falls become an increasing health concern.

"Falls are a significant health concern for seniors," says Faiza Karim, a registered occupational therapist with the Primary Care Network (PCN). "They are the leading cause of injury in older Canadians."

### The Ripple Effects of a Fall

Up to one-third of seniors experience one fall per year. As the rate of falls goes up, so does the reason for concern. For people over the age of 65, falls are the source of 85% of injury-related hospitalizations, including almost all hip fractures. They are also the leading cause of injury-related deaths for seniors.

Falls can also contribute to social isolation, affecting mental health and well-being. Karim says after a fall, some people will become more afraid to move — concerned about falling again — and may not do as many activities.

### Tips for Preventing Falls

Raising awareness and actively preventing falls is important to maintaining health and safety, particularly for older adults. Simple measures may include:

- Staying active to maintain balance, strength, and flexibility.
- Keeping floors clutter-free.
- Wearing supportive, well-fitting footwear, both inside and outside of your home.
- Reviewing medications with your family doctor or a pharmacist to understand side effects.



### Find Support

If you or a loved one is considered at risk, or there has been an increase in the number of near-misses or falls, talk to your family doctor.

You can also access free health support through the Primary Care Network. Visit [albertapcns.ca](http://albertapcns.ca) to learn more.

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# Landlord and Tenant Law – Signing and Moving In

by Charmaine Coutinho



As a volunteer lawyer with Calgary Legal Guidance, I advise clients who would otherwise be unable to access legal services to empower them to take the next steps in their legal matters independently. I frequently advise on landlord and tenant disputes.

This article only discusses leases covered by Alberta's Residential Tenancies Act (RTA). This excludes tenants sharing living space with a landlord and a few other scenarios. I aim to help our community become more familiar with a few RTA topics, at a time when both landlords and tenants are under stress and looking for ways to improve their circumstances.

### **Security Deposit, Damage Deposit, Key Deposit, Pet Deposit**

Under the RTA, they're all the same: any amount payable by the tenant to the landlord, returnable if some specified circumstance occurs (end of tenancy, etc.), is called a "security deposit." The RTA limits the amount of all the deposits together to one month's rent. A landlord is not permitted to ask for more if the rent increases.

There is no exception for pet deposits. However, a landlord is permitted to ask for a non-refundable pet fee in addition to the rent, monthly or upon signing.

A landlord is permitted to retain the security deposit only if there are valid move-in and move-out inspection reports and damage to the unit, or there is money owing.

To keep any portion of the security deposit, the landlord must give the tenant a statement detailing the specific costs to be reimbursed. Any deposit amount not covered by this statement must be returned within ten days of the end of the tenancy. If the statement includes any estimates (e.g.: cleaning or repairs), the landlord must send the tenant a final statement and return any unused funds within 30 days of the end of the tenancy.

The tenant can apply to the Residential Tenancy Dispute Resolution Service (RTDRS) to contest the landlord retaining a deposit. Conversely, a landlord can sue the tenant if the deposit is insufficient to cover the landlord's costs or missing rent. Neither the RTDRS nor the civil courts have automatic enforcement mechanisms though, so collection may be difficult.

### **Repairs**

There is little a tenant can do to force a landlord to repair a rental unit.

A tenant can pay for repairs, then ask the RTDRS for a rent abatement, but cannot withhold rent to incentivize a landlord to make repairs.

If the damage to the rental unit is endangering a tenant's health, the tenant can call Alberta Public Health (APH). Alberta has Minimum Housing and Health Standards regarding critical amenities like clean air and water, plumbing and sewage disposal, overcrowding, access to the unit, electricity, and heating. If a tenant contacts APH and APH finds evidence that the minimum standards are not being met, APH can mandate repairs.

However, a tenant should prepare for all eventualities: APH may do nothing, may force a landlord to make repairs, or may even condemn a rental space requiring that the tenant move out immediately. In the current market, housing is scarce and may be difficult to acquire quickly. If a tenant is not prepared for all possibilities from an APH investigation, it may be better to rethink contacting APH.

A landlord is not permitted to evict a tenant just for contacting APH. However, there is no ban on eviction for other reasons after a tenant has called public health authorities.

Thanks for spending a few minutes of your time with me. If you have a friend renting, be a good neighbour and share your new knowledge with them!

### Guess the Landmark!

1. This gorgeous UNESCO World Heritage Site in India was built to be a mausoleum.
2. The \_\_\_\_\_ was made across many dynasties and states, taking over 2,500 years to construct.
3. This stunning Italian landmark is also called the Bell Tower and is over 180 feet tall.
4. This iconic structure was built for the 1889 World Fair; it celebrated the 100<sup>th</sup> anniversary of the French Revolution.
5. This famous ancient city was frozen in time due to almost the exact opposite circumstance.
6. There are no straight lines in this ancient temple structure, located on the Athenian Acropolis.



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## YOUR CITY OF CALGARY

# Chinook Blast 2025: Calling All Creators and Cultural Curators!

by the City of Calgary

Chinook Blast 2025 is Calgary's winter festival celebration. As we gear up for another exciting event in 2025, we're on the lookout for creative talent and dynamic partners to help bring the festival to life!

### Calling All Installation and Visual Artists

Sculptors, visual artists, and creators of immersive experiences are invited to showcase how their art can transform the festival grounds into a mesmerizing winter wonderland. Funding opportunities are available, ranging from \$5,000 to \$40,000 for chosen installations. Additionally, in collaboration with The City of Calgary's Winter City Design Competition, up to \$45,000 will be awarded for two installations designed to endure three months of winter weather from January to March without requiring security.

### Calling All Market Partners

We're seeking three dynamic partners to host and execute a weekend market (Friday to Sunday) during Chinook Blast. These markets should offer unique experiences, where attendees can explore and celebrate different cultures, discover local artisans, and participate in meaningful community engagement.

For more information and to submit your proposal, visit [chinookblast.ca](http://chinookblast.ca).





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The provincial government has created a new team of Alberta Sheriffs to help bring wanted criminals to justice across Alberta. The Alberta Sheriff's team created to help track down criminals wanted by authorities is now up and running across the province. The Alberta government is providing \$2.6 million in operating funding for the Fugitive Apprehension Sheriff Support Team (FASST) teams, which have members in Edmonton and Calgary. FASST started operations in February of this year in Edmonton and is already making a difference.

Seven officers in each city will work with police services throughout Alberta to ensure that those accused and convicted of crimes in our province are brought to justice. The team has executed more than 1,300 warrants. Of the nearly 300 arrests that have been made, more than 260 have been Tier 1 fugitives. These are offenders who are the most dangerous, most prolific, and high-risk offenders in Alberta. More than 300 offenders have been apprehended and taken into custody. They are now off the streets. There are more than 82,000 warrants that remain active in the province of Alberta.

Recently, Calgary's highly anticipated Arthur J.E. Child Comprehensive Cancer Centre opened and is now accepting appointments. This world-class facility will provide cutting-edge oncology treatments and 160 inpatient beds. It includes over 9,200 square metres of dedicated research space. Alberta Health Services is welcoming patients to the largest cancer centre of its kind in Canada, offering personalized treatments and exceptional care. Patients with cancer care appointments booked on and after October 25 will now have those appointments moved to the new facility.

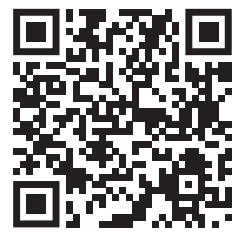
On Remembrance Day, we will remember the thousands of brave Canadians who made the ultimate sacrifice in the cause of preserving our freedom. I encourage you to join fellow community residents to commemorate this special day.

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