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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
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October	23	19	21	\$449,900	\$450,000
September	23	21	18	\$731,894	\$729,444

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SCAN HERE TO VIEW ADDITIONAL SIGNAL HILL CONTENT

**News, Events,
& More**



**Crime
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**Real Estate
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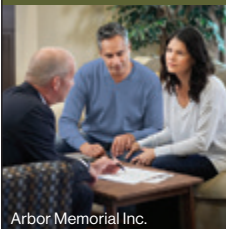
Signal Hill

Community Association

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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.



Time flies once we begin fall. Last month, I attended a meeting (one of many) dealing with the land use change sought to do a new project on Sirocco Drive. It was well attended, and I felt our residents had the opportunity to both see the proposal and raise concerns that they had. The expressions were well articulated. We will see what happens at the next phase.

The budget was finalized this month by the board. In September, all three committee chairs thought that maintaining our current budget with some modest increases would be appropriate. While the entire board has to approve the entire budget for a year – the chairs submit their recommendations and then we allow individual members to augment the budget with projects and expenses the chairs may not have considered.

At the same time, we are going through the audit for last year's finances. It is our desire to have these ready for our AGM. Speaking of the AGM, Westside Rec very generously provides us with space at the facility for monthly board meetings. They will soon be undergoing substantial renovations at the beginning of 2025. So, we may lose our meeting place for a few months. If you have any suggestions for an alternate site for the winter/spring of 2025, we'd appreciate hearing your suggestions.

Did I mention in last month's edition our need for the following volunteer positions on the board? We need a Secretary, a Membership/Communications Director, as well as a Maintenance Director. The position of Business Liaison is also open. If you could help us with these positions, it would be so enriching for you and of tremendous benefit to the community.

In last month's issue of *Signal Hill View* we talked about some art projects we would like to do for the community. Let's add one more. Do you have pictures around Signal Hill that could be used to adorn this journal? If so, submit them to info@shca.ca and we will try to incorporate them in future issues. It should be seasonally appropriate.

As always, you can reach me at president@shca.ca or info@shca.ca.

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Halloween Safety

by Alberta Health Services



The members of Calgary’s Partners for Safety: Calgary’s Child Magazine, AHS EMS, Calgary Police, Fire, 9-1-1, Bylaw, and Transit would like to remind parents and trick-or-treaters of some Halloween safety tips as October 31 approaches. Partners for Safety vehicles will be out patrolling communities on Halloween night to provide a visible safety resource for parents and trick-or-treaters.

Trick-or-Treaters

- Remember: All regular pedestrian rules still apply. Be sure to cross the road at marked crosswalks, or well-lit corners only. It is safest to work your way up one side of the street, and then cross once to the other side.
- Avoid houses that are not well lit. Do not accept rides from strangers or enter any home you feel is unsafe.


- Let your parents know where you are going to be at all times (route) and advise them if you will be late returning.

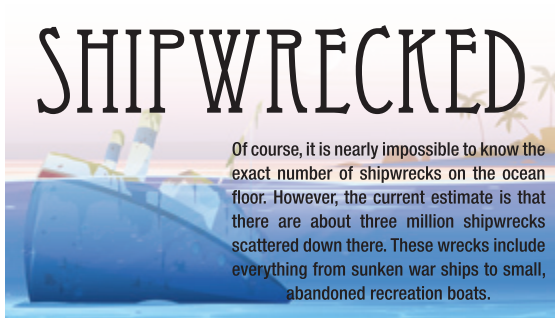
Parents

- Be certain that young trick-or-treaters are accompanied by an adult. Older children should stay in groups.
- Pre-determine boundaries to trick-or-treat within and establish a firm time to return home.
- Advise children not to eat anything until they return home. Dispose of any items that appear to have been tampered with, or that are not properly wrapped.

Costumes

- Choose bright coloured costumes that are highly visible. Adding reflective tape to costumes further increases visibility.
- Consider sending your children with a flashlight for additional safety and increased visibility.
- When purchasing or making costumes, look for materials and accessories that are labeled flame-resistant.
- All costume accessories, such as sticks, rods, or wands, should be soft and flexible, with no sharp edges.
- Consider using hypoallergenic make-up kits instead of masks that may impair breathing, or vision.
- Be sure costumes are loose enough to be worn over warm clothing, but not so long that they become a tripping hazard. Costumes should not be longer than your child’s ankles.
- Ensure your child is wearing adequate footwear that takes into consideration weather conditions and walking.

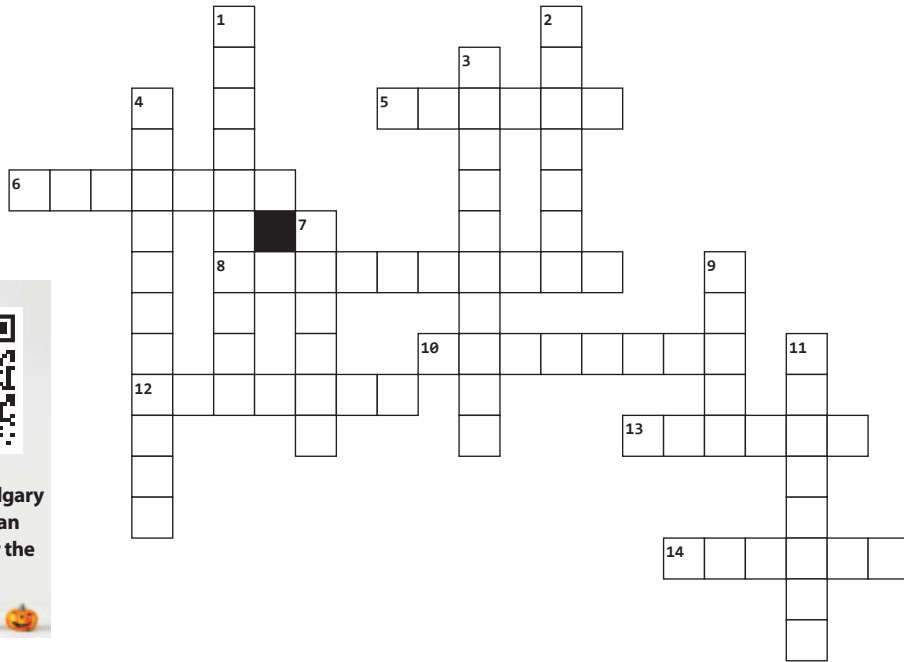
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	<p>Seeking Participants Adults, diagnosed with Type 2 diabetes, A1C level between 7.0 – 10.5%, and taking metformin +/- an SGLT2i (*gliflozin*).</p>
<p>This study has been approved by the University of Calgary Conjoint Health Research Ethics Board Ethics ID: REB24-0229</p>	<p>Contact Research Nurse Michelle Smith 403-955-8117 mahunter@ucalgary.ca https://www.ucalgary.ca/diabetes-clinical-trials</p>



SHIPWRECKED

Of course, it is nearly impossible to know the exact number of shipwrecks on the ocean floor. However, the current estimate is that there are about three million shipwrecks scattered down there. These wrecks include everything from sunken war ships to small, abandoned recreation boats.

October Crossword



Across

5. Annually on October 4, people advocate for the rights and welfare of all furry, scaly, and feathery creatures for World _____ Day.
6. In October, Canadians commemorate Women's _____ Month, honouring women such as Agnes Macphail and Mary Ann Shadd Cary.
8. Other than the opal, this gem is also the official birthstone for October and can be found in various colours.
10. The World Series, Major League _____'s annual championship series, starts on October 25 this year.
12. *Dr. No*, the first movie in the *James Bond* series based on the novels by Ian _____, premiered on October 5, 1962.
13. Prime Minister of Canada from 1968 to 1979 and 1980 to 1984, _____ Trudeau, was born on October 18, 1919, in Montreal, Quebec.
14. Canadian-Belgian F1 driver, Lance _____, was born on October 29, 1998.

Down

1. American singer-songwriter, Bob Dylan, became the first musician to be awarded the Nobel Prize for _____ on October 13, 2016.
2. *Joker*, starring Oscar-winner _____ Phoenix as Arthur Fleck, was released on October 4, 2019.
3. On October 4, 2005, this famous Albertan rock band released their album "All the Right Reasons" which sold more than 18 million copies worldwide.
4. This world-famous festival first took place in Munich, Germany in 1810 celebrating the Bavarian royal wedding between Crown Prince Ludwig and Princess Therese.
7. Jack-O'-Lanterns were originally carved from this root vegetable.
9. *Winnie-the-Pooh*, written by A.A. _____, was first published on October 14, 1926.
11. October's birth flower, the _____, is a popular bright orange and yellow flower used during Día de los Muertos festivities.



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Staying Hydrated

by Alberta Health Services



Remember to drink water throughout the day. Staying hydrated is crucial for many functions in the body. Our bodies need fluids to digest food, cool down, and move nutrients and waste.

Most adults need nine to 12 cups of fluid daily; however, every person's needs depend on age, sex, body size, activity level, and health status. For example, a young adult may need more fluids if exercising intensely and in hot temperatures.

Did You Know?

Older adults and children are more likely to become dehydrated? Older adults have a diminished thirst sensation, and young children may not always be attentive to their thirst signals when they are busy playing. Watch for signs of dehydration, which include dizziness, headaches, feeling tired, or having a dry mouth, lips, and tongue.

Be mindful of your hydration levels at all times. Drink beverages and eat foods with fluid content to help you stay hydrated. Here are some refreshing tips to beat the heat:

- Add flavour – Infuse your water with fruits and herbs like lemon, cucumber, or fresh berries with mint for a cool and citrusy twist.
- Enjoy variety – Besides water, choose unsweetened drinks like lower fat milk (1%, 2%, and skim), fortified plant-based soy or almond beverage, or iced herbal teas.
- Make fruit easy-to-go – Pack up fruit kabobs by threading strawberries, blueberries, raspberries, and grapes onto skewers. Serve with a yogurt dip.

- Prepare a tangy and sweet fruit salad – Combine chopped apples, oranges, and pears in a bowl. Add lime juice and spice it up with a hint of chili powder for a tangy flavour.
- Make a zesty cucumber smash salad – Smash cucumbers with a rolling pin until they form bite size pieces. Add rice vinegar, sesame oil, and a dash of soy sauce. Mix and enjoy.

Common Beliefs and Misconceptions About Drinks

Does adding a pinch of salt to water make it more hydrating?

A recent social media trend claimed that adding salt to water can hydrate better than plain water because it replaces electrolytes. It is true that electrolytes like sodium play an important role in maintaining fluid balance; however, adding salt (which contains sodium) to water is unnecessary for the general, healthy population. Most people get enough salt from the foods they eat. Adding extra salt to your water will not improve your hydration and for some people, it can harm their health. Drink tap or filtered water and eat a balanced diet to stay hydrated and maintain your electrolyte balance.

Do you need sports drinks after exercising?

You may lose more water and electrolytes if you exercise longer than one hour, or intensely, in hot and humid conditions. In this scenario, a sports drink (which contains water, sugar, and electrolytes like sodium and potassium) may help replace the water and sodium you lose in sweat. However, for most active people drinking water is enough for proper hydration.

Does coconut water hydrate better than water?

Coconut water is not more hydrating than water. Just like sports drinks, coconut water contains sodium, potassium, and sugar in various amounts depending on the brand. Aside from the additional flavour that coconut water offers, research suggests that there is little to no difference between drinking coconut water or plain water for hydration in healthy adults.

The bottom line?

Water works! Choose water most often to stay hydrated.

To learn more about hydration and healthy drink choices, search 'drinks' at ahs.ca/nutritionhandouts.

Bacon And Herb Wrapped Chicken

by Jennifer Puri

Thanksgiving is a holiday when family and friends gather to express gratitude and enjoy a festive meal, which usually includes a roasted turkey.

However, bacon and herb wrapped chicken is a great option for a smaller gathering. Bacon is the key ingredient to locking in moisture and flavour and this dish pairs well with mashed potatoes, garlic green beans, broccoli, caramelized carrots, or pumpkin and cranberry sauce.

Thighs or drumsticks can be substituted instead of chicken breasts. If using chicken breasts, make sure that each piece is roughly the same size, approximately four to five ounces.

Prep Time: 15 minutes

Cook Time: 30 to 40 minutes

Servings: 4

Ingredients:

- 4 skinless chicken breasts, 4-5 oz. each
- 12 thin slices of bacon
- 2 tbsp. olive oil
- 1/3 cup maple syrup



- 2 tsp. Dijon mustard
- 2 garlic cloves, finely chopped
- ½ tsp. of salt
- ¼ tsp. of coarsely ground black pepper
- 1 tbsp. finely chopped parsley
- 1 tbsp. finely chopped thyme

Directions:

- Preheat oven to 375 degrees Fahrenheit.
- In a small bowl, mix together olive oil, garlic, maple syrup, Dijon mustard, parsley, thyme, salt, and pepper.
- Place the chicken breasts on a cutting board and brush the olive oil mixture over each one making sure that each side of the breast is covered. Wrap two to three slices of bacon around each breast and then place them seam side down on a foil covered baking pan or tray.
- Drizzle any leftover olive oil mixture over the breasts and then bake for 30 to 40 minutes or until chicken is cooked and the bacon is crisp. Insert a meat thermometer in the thickest part of the breast to check if chicken is cooked through, which should be at least 165 degrees Fahrenheit.
- Allow the chicken to rest for a few minutes and garnish with parsley before serving.

Bon Appétit!



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Councillor, Ward 6

Richard Pootmans

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🌐 Calgary.ca/ward6 X f @pootmans

📷 @richardpootmans9

In response to inquiries from several constituents regarding the noise study for the Discovery Ridge community, I provide the following information.

Noise attenuation along the Calgary Ring Road is constructed only where warranted based on provincial guidelines. To date, warranted noise attenuation for the West and Southwest Calgary Ring Road projects has already been constructed based on the design of the road and the projected noise levels.

Although no additional noise attenuation is planned for construction adjacent to the community of Discovery Ridge at this time, as per Transportation and Economic Corridors' post-construction plans, a noise study will soon be conducted to measure actual noise levels. The tentative scheduling of the study is targeted for September 2024. However, the specific dates are not yet confirmed. Efforts to include monitoring in some of the locations where residents or the public request monitoring will be part of the study. The department's contractor will endeavour to test the location(s) that will yield the loudest results for evaluation against Transportation and Economic Corridors' guidelines.

The results of the noise monitoring study will inform if and where additional noise mitigation may be considered for construction. I can confirm that staff from the Ministry of Transportation and Economic Corridors continue to work with the highway maintenance contractor to review noise concerns and will be finalizing the location(s) soon.

Further questions can be directed to Mr. Nathan Lau, Operations Engineer, at 403-297-4742, or at nathan.lau@gov.ab.ca.

The Alberta government is investing \$30 million in community-led projects that will protect public safety and critical infrastructure from drought and floods. Funding will support projects in 14 municipalities, two First Nations and one Métis settlement.

These projects will help ensure communities have access to water during extreme drought and minimize damage to homes and businesses during floods.

Happy Thanksgiving!

Hello, Ward 6,

October's traffic safety focus is pedestrian safety.

Most pedestrian collisions happen when we're rushing to get to work, school, an activity, or home.

Weather conditions and daylight changes in the fall make it harder for people to see.

When driving or cycling, be ready in case pedestrians make unexpected moves.

Never pass a stopped vehicle at a crosswalk.

Pay attention to pedestrians when turning.

Watch for children. Drive cautiously through areas where children could be walking or playing.

Be patient – especially with seniors or pedestrians with disabilities who need time to cross the road.

Pedestrians: Don't assume drivers see you. When waiting to cross a road, make sure cars have come to a stop before proceeding. Make eye contact and wave.

Don't walk distracted. Keep your head up.

Walk on sidewalks. If there's no sidewalk, walk facing traffic.

When walking to train stations, look both ways when crossing the tracks and obey traffic signals.

Use point, pause, proceed to let drivers know you're entering a crosswalk.

It's important to teach children how to safely cross the street. Practice safe crossing skills to help them learn how to navigate our streets safely.

Remind kids not to run into the street or cross between parked cars.

Help kids to identify and understand car turn signals and back up lights and to be alert for cars turning or backing up.

Teach kids to put phones, headphones, and devices down when crossing the street.

Sincerely,

Councillor Richard Pootmans

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ST. MARTIN'S ANGLICAN CHURCH: Where Faith and Community Meet. 1009 Prominence Way SW. smartinschurch.ca. Worship & Sunday School at 10:00 am. ESL Conversation Café: Tuesdays, 9:30 to 11:00 am. Sandwich Ministry Wednesdays at 1:00 pm. Coach Hill Patterson Heights Annual Coat Drive November 1 to 24.

NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.





Gutter Doctor 403-714-0711
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Home exterior services. We do eavestrough cleaning, repairs, & installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, heat cables, power washing & window cleaning. Local business for over 20 years with more than 60,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty!

BRAIN GAMES

SUDOKU

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

SCAN THE QR CODE
FOR THE SOLUTION





David is our Realtor.[®]

With a successful background in sales and marketing, David's clients appreciate the value his marketing, communication, and negotiating skills bring when it's time to sell their home. David's ability to articulate the essence of a home, assess market dynamics and develop and implement a sales plan has been refined over his 10+ years in real estate.

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