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



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World Coconut Day



September 2 is World Coconut Day! It's a day dedicated to celebrating all things coconut - from the refreshing water to the versatile oil. Whether you're enjoying a tropical drink or cooking up a coconut curry, it's the perfect day to appreciate this amazing fruit!



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PRESIDENT'S MESSAGE



We are coming to the end of the the of the Association's business year. We met for the first time since the summer break, and it was good to see most of the board together under one roof. It is time to review last year's budget and set a new one for the new year. We are already completing our financial audit so that we can present that at your Annual General Meeting.

We've lost two very important members of our board, at least on a temporary basis. Just as Vikram Vaid started on our board as Treasurer, other demands in life required him to resign. Additionally, Aroop Rayu had the arrival of a new family member – a new baby boy! She and her husband are very excited and are making the necessary adjustments for their family. To help us continue the work of Social Director, Chelsea MacMillan will take on that role. That leaves the Secretary position open.

Serving on a Board of Directors in a community setting is a very fluid circumstance. Life throws us many curves that may change what degree we can give back to the community. So that will affect what you can accomplish. We understand that. We will always appreciate your efforts on behalf of the community. Contact me personally to explore what opportunities are available.

One further comment on the quality of people that volunteer in a community. It's typified by those who have served as Treasurer. The last three people serving in that capacity – when they had to resign; they continued some work for several months after their resignation date to pay the bills and balance cash flow. Vikram resigned in May, and he is still helping in that role. That's the calibre of persons whom we have had serving as volunteers in Signal Hill.

One more thing before I run out of both time and room in the message. Partnering with the Calgary Arts Development, we would like to explore placing artwork on a number of utility boxes located in Signal Hill. I need help with two items to make this happen. One is where? Which boxes do you feel would benefit from an artistic 'spruce up'? The other is who? Are there local artists in our community that could take on such a project? What about Calgary? There are some groups that regularly do murals in an artistic collaboration throughout the city. Please let me hear from you regarding what could be an exciting project.

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

Ron Waters



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How to Deal with Resentment: A Better Way to Process the Poison We Drink, Expecting the Other to Die

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



In the recovery community, resentment is a hot topic. It's often referred to as "drinking poison hoping the other person will die." Psychologist Susan Albers, PsyD, shares some of the signs you might be harbouring resentment, along with ways you can pull yourself out of it.

Resentment is a complex emotional reaction to being or feeling mistreated or wronged by another person, situation, or series of circumstances. Resentment can feel like a mix of anger, bitterness, disgust, or disappointment toward the person or events from your perception. It can be triggered by several things:

- Being taken advantage of by others.
- Being put down, dismissed, or ignored.
- Feeling inadequate, overlooked, or unheard.

- Having unrealistic expectations of others or the world around you.
- Maintaining relationships with people who insist their needs are more important than your own.
- Having interactions with people who undermine your authority.

The challenge with resentment is that if you hold onto it tightly, it becomes harder to forgive or let go and move on from the situation. When you've been mistreated or wronged, it's common to experience an overlap of negative emotions that continue to resurface and return whenever you're confronted with these individuals, situations, or memories. These emotions may include anger, hostility, hate, bitterness, discomfort, or disgust. Suppressing these emotions over time, can lead to resentment, which can have significant negative effects on your mental and physical health. "In the short-term, suppressing feelings may seem like a way of coping. However, in the long run, pushing down or ignoring emotions can be an entry into mental health issues like PTSD, trauma, depression, and anxiety," warns Dr. Albers.

Resentment can make it difficult to let go of your anger. You find yourself hyper-focusing on these feelings, especially whenever you're confronted by the person or situation that caused them in the first place. You might even be enraged or experience strong urges to seek revenge. These things can take a significant toll on your mental and physical health. "Emotions are not solely confined to our minds; they can also take residence in our bodies," clarifies Dr. Albers. "Anger, if left unaddressed, can manifest physically by increasing your heart rate and blood pressure, causing muscle tension and headaches, digestive issues, weakening your immune system, and causing sleep disturbances. These can all put you at higher risk for cardiovascular issues like high blood pressure and heart disease or chronic conditions like diabetes and autoimmune disorders."

When emotions like resentment linger, we tend to associate it with other feelings like regret, shame, guilt, or remorse, especially if we're made to feel like we're at fault. When you're resentful, you're on guard. Why would you ever surround yourself with the same people or situations that hurt you again from the start? We see this often in relationships. If you've been wronged in the past by a previous partner, you might resent them

and anyone else who reminds you of them or presents that kind of behaviour because it triggers your fears and anxiety around betrayal and lack of commitment. On the surface, resentment may appear to offer you the ability to have power and control over the situation. But internally, it can cause real, long-lasting damage to your mental health. "At first, it may seem like avoiding the situation is a way of coping. However, by engaging in avoidance behavior, we inadvertently fuel the flames of resentment, allowing it to fester and intensify inward," says Dr. Albers.

When you're ready to let go, and leave resentment in the past, these steps are useful:

- Do a personal inventory of what's important to you. What would it take for you to "settle the score"? Are you looking for an apology? Are you looking for an explanation? Or are you looking to make amends?
- Acknowledging where you stand on the issue, what you need in order to heal, and what your expectations are for yourself and the other party involved are the keys to handling any unresolved conflict.
- "Empathy plays a vital role in putting a stop to resentment, as it allows us to step into the shoes of others and understand their perspective," says Dr. Albers. "Coming to terms with the person or situation that caused resentment can open the door to healing and closure, as it enables us to find empathy towards ourselves and create space for forgiveness and growth."
- When you're steeped in doubt and negativity, lean on the people, places, and things that bring you peace and positivity by practicing gratitude. Try keeping a gratitude journal of all the things that make you happy and serve as a positive step toward improving your well-being.

"It's OK to seek support because navigating resentment alone is not easy," reaffirms Dr. Albers. "Working with a therapist can help you to see the situation from a new perspective and access self-compassion, which becomes key to making a manageable journey of healing and growth."

Finding ways to practice self-love and compassion will not only set you up for success in the future. It will also help you recognize that when you feel like you're caught in the throes of resentment, you can stop drinking the poison hoping the other person will die.

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Signal Hill Park Landscaping

The following thoughts are from one of our longest serving board members, Gord Vogt. The actual article got lost in the mail, yet it well illustrates activities associated with our site that continue even when the board is in recess. Our first board meeting is this month, and we will be doing the usual fall activities, budgets, scope of work, and completing our work for this upcoming year. This article gives you a glimpse of the summer.

Our single biggest expense at the Signal Hill Community Association is keeping the grounds of the Joint Use Site attractive and inviting for community residents. We contract FT Landscaping to maintain all the bed areas, trees, and weed control in the lawn. As many of you have noticed, there is a variety of plantings, meticulously cared for in the beds at the site. Our contractor uses their knowledge from decades of Calgary garden experience to cultivate annuals and perennials to provide colour and interest. This year has been exceedingly difficult as the water restrictions have forced us to curtail our irrigation and water manually. We have even had neighbours drop off bottled water to manage the crisis. Our contractor has gone beyond the contracted terms to care for all the plants. We appreciate all their efforts and encourage you to compliment them when you see them in the park.



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Back-to-School Safety

from Alberta Health Services

Alberta Health Services EMS would like to remind parents and students of some safety tips as the school year begins again this fall. Pedestrians and motorists both have an important role to play – road safety is a shared responsibility.

Motorists

- Distracted driving carries a \$300 fine and three demerit points in Alberta. Avoid the use of mobile devices or engaging in any other behavior that diverts your attention away from driving.
- Give right-of-way to pedestrians who have activated overhead crossing lights, or who are waiting to cross from a street corner.
- Other than parked cars, it is illegal to pass another vehicle in a school or playground zone during posted hours.

Around School Buses

- Flashing amber lights mean that a bus is slowing down to stop – motorists should do so likewise.
- No matter which direction you are coming from, stop when approaching a school bus with activated flashing red lights unless the bus is on the opposite side of a divided highway from you.
- Driver courtesy goes a long way. By simply being alert and cautious when approaching a school bus, you are contributing to school bus safety.

Pedestrians

- Cross only at marked crosswalks or street corners that have clear visibility from all directions.
- Make eye contact with all drivers before crossing the street and keep distractions to a minimum.
- When activating overhead crossing lights, pause before stepping off the curb to ensure motorists in both directions have come to a complete stop.
- Stay within the crosswalk lines.
- Obey pedestrian lights at intersections. Cross the street only when you see the 'walk' sign and only when all cars have come to a complete stop.
- If you are with young children or pets, hold your child's hand firmly and keep a solid grip on leashes when crossing.
- Remember: children learn by observing. By demonstrating safe crossing habits, you can reduce the chances of your child being involved in a preventable auto/pedestrian collision.

What is Cart Contamination?

by the City of Calgary, Waste and Recycling Services



We talk a lot about putting the right items into your blue, black, and green carts to avoid contamination. But what exactly is contamination?

Contamination is when the wrong items are put in the wrong bins. Sorting your waste into the right carts ensures materials end up at the right facility to be turned into new products or to be disposed of properly.

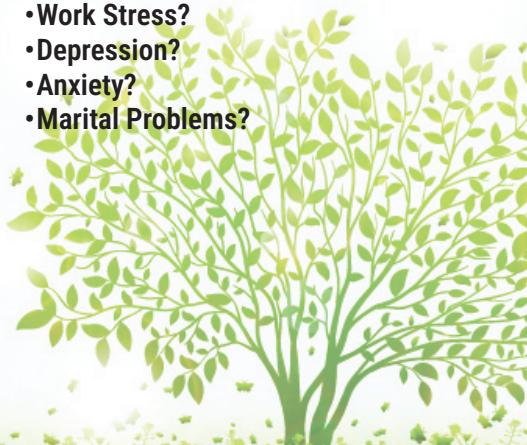
Most people do a good job with their carts. But the consequences of contamination create real challenges that impact the waste facilities, the health and safety of workers, and increase program costs for Calgarians.

Working together, we can keep our facilities and staff safe while ensuring our waste programs run properly.

Learn more at calgary.ca/contamination.

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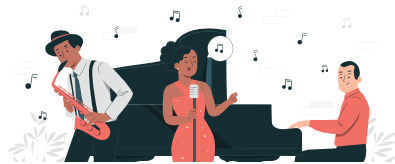
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1. This individual holds the Guinness World Record for best-selling solo artist.
2. Before going solo, this world dominating musician was in a supergroup called 'Destiny's Child'.
3. On his debut album, this musician is said to have played 27 different instruments.
4. At 1,560 words, this artist has the most words spoken in a single song.
5. This famous musician's stage name came from a popular song by the band 'Queen'.
6. This incredible artist was the first woman to be inducted into the Rock and Roll Hall of Fame.



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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.



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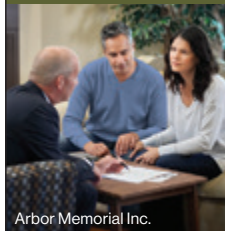
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March	24	13	17	\$779,900	\$810,000
February	24	19	18	\$699,950	\$709,950
January	24	18	19	\$689,000	\$685,000
December	23	4	10	\$669,950	\$653,750
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September	23	21	18	\$731,894	\$729,444
August	23	24	25	\$669,900	\$675,000

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



David.

KNOWS THE WESTSIDE

Why your neighbours choose **David** when it's time to sell their home

101.3% more

David's listings lead the market once again, having sold at 101.3% year to date.

47% faster

When it's time to sell your home, David sells it 47% faster. David's listings averaged 10 days on market vs the rest of the market at 19 days.*

16 sold this year

With 16 sales this year, David continues to establish himself as the top producing Realtor here on the Westside.*

* Detached Homes - SOLD, January - June 2024, West Springs, Aspen Woods, Springbank Hill, Discovery Ridge, Signal Hill, Christie Park, Strathcona, Coach Hill, Patterson & Cougar Ridge.

Photos represent David's detached homes SOLD, January - June 2024, on the Westside.

Friend
Neighbour
Realtor®
David Pellettier

403-869-7971 | david@davidpellettier.ca | davidpellettier.ca



RE/MAX First