

NOVEMBER 2025

DELIVERED MONTHLY TO 6,000 HOUSEHOLDS

your Signal Hill VIEW



THE OFFICIAL SIGNAL HILL COMMUNITY NEWSLETTER

AGM
DECEMBER 3



David knows the Westside.

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



Friend
Neighbour
Realtor®

David Pellettier

shca.ca

Great News Media | Call 403-720-0762 for advertising opportunities | www.greatnewsmedia.ca



DUNCAN LAW

**Impeccable
Legal Advice.**

- ▶ Personal Injury
- ▶ Real Estate
- ▶ Wills & Estates
- ▶ Family Law



📍 Conveniently located in Aspen Landing

Phone: 403.300.0870 | DuncanLawYYC.ca

REMINDER

**BOOK YOUR YEAR-END DENTAL HYGIENE
APPOINTMENT BEFORE YOUR BENEFITS EXPIRE!**

- Following Alberta Dental Fee Guide
- Accepting CDCP
- Direct Billing to Primary Insurance Plans



Services Include:

- Scaling (Cleaning)
- Polish
- Fluoride
- Exams
- X-Rays
- Guided Biofilm Therapy

Call and book today!
(613) 929-9696

Melissa Boone,
Independent Registered Dental Hygienist
at Grinn Dental Hygiene • 470 Na'a Common SW



DUCT CLEANING

- Remove dust, allergens & pet hair
- Improve air quality & furnace efficiency
- Perfect to pair with your fall furnace tune-up

Get 15% off
A Furnace Tune-Up When
Booking a Duct Cleaning!

Locally Owned
Born & Raised in Calgary
587-892-7884

sales@AltitudeFurnace.com
AltitudeFurnace.com



Time to Renew Your Mortgage?

Don't Settle –
Discover Better Rates
and Options! Get
Ready to Save Big!



**ANITA
RUSSELL**

403-771-8771
anita@anitamortgage.ca

Licensed by Avenue Financial



Magic Carpet Ride

Family Literacy Program



A family that reads together, grows together.

The Magic Carpet Ride program is for 3-5 year olds and their parents or caregivers. We help families learn to use everyday activities to build a love of literacy and learning. Held at convenient locations across Calgary.



Reading



At-Home Activities



Singing

FREE! Contact us to learn more:

famlit@canlearnsociety.ca
(403) 686-9300 ext. 128



www.canlearnsociety.ca/magic-carpet-ride

Count On Me Senior Care

Compassionate care you can trust.



Full care management and in-home support for seniors. No rotating staff, no bureaucracy. I work directly with seniors and families to offer proactive care and personalized solutions.

Tara Lee, serving SW Calgary
403.689.1239 | CountOnTara@gmail.com

OFFICIAL

PLUMBING & HEATING

Plumbing Services
Furnace Install & Repair
Drain Cleaning
Boiler Install & Repair
Electrical

\$50

Service Call Fee



403-837-4023

info@officialplumbingheating.ca
official-plumbing-heating.ca



Jackson
& Jackson
Landscaping

CUSTOMER SATISFACTION GUARANTEED

**WE SPECIALIZE IN ALL FORMS OF
CONSTRUCTION & LANDSCAPE**
INCLUDING SMALLER IN-HOME PROJECTS



Services

Residential Landscaping
Landscape Construction
Year-Round Maintenance
Spring and Fall Cleanup
Commercial and Condo
Property Management
Snow and Ice Removal

Contact Us

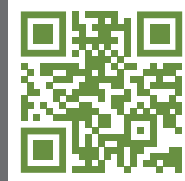
Address

20 Sunvale Place SE
Calgary, AB T2X 2R8

Call us now
(403) 256-9282

Email us

info@jacksonjackson.ca
contact@jacksonjackson.ca



www.jacksonjackson.ca

CONTENTS

- 6 PRESIDENT'S MESSAGE
- 9 NOVEMBER CROSSWORD
- 10 MENTAL HEALTH MOMENT: RAISING NON-ANXIOUS KIDS
- 11 RECIPE: STUFFED RED AND YELLOW BELL PEPPERS
- 12 BUSINESS CLASSIFIEDS

6



9



10



12



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

**News, Events,
& More**



**Crime
Statistics**



**Real Estate
Statistics**



Disclaimer: The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

Great News Media and the Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.



Signal Hill
Community Association

Board Contact List

President	Ronald Waters president@shca.ca
Vice President	Vacant veepee@shca.ca
Secretary	Vacant secretary@shca.ca
Treasurer	Rachelle Karski treasurer@shca.ca
Fundraising	Gord Vogt fund@shca.ca
Social	Vacant social@shca.ca
Communications and Membership	Vacant membership@shca.ca
Technical	Vacant web@shca.ca
Business Liaison	Aroop Rayu business@shca.ca
Development	John Lamacchia development@shca.ca
Property and Facilities	Terry McGuire maintenance@shca.ca
Maintenance Director	Vacant
Director at Large	Vacant director1@shca.ca



PRESIDENT'S MESSAGE



At the time of writing this article, we are preparing for our Annual General Meeting. The date will be December 3. Traditionally, we meet in November, however we need to adjust so that we can provide you with the reporting that you need prior to both motions the community needs to consider and the election of our directors. We could not hold two meetings this fall and that has impacted when we could hold the AGM.

The primary reason for missing those meetings was due to lack of quorum. As I mentioned in our last issue, there is a substantial movement of retiring board members. Here are some of the board positions that are open: Vice-President; Secretary; Technical Support Director; Social Director; Communications and Membership Director; and Volunteer Director to name a few. We do have a Nominations Committee in place to help place volunteers in these key roles.

In addition to specific assignments the board has a minimum threshold of directors. The Directors at Large help us maintain that requirement. Reach out to me at either email at the bottom of this article and I will forward your interest to the Nominations Committee.

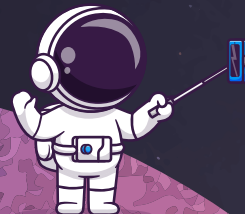
With the current circumstances, we will not be able to hold much of what we had planned for our fall social programming. If that changes, we will let you know via our website.

Here's how you can reach me:

President@shca.ca or info@shca.ca.

SPACE SELFIE

On November 12, 1966, Buzz Aldrin snapped the first space selfie! With the earth as his background, Aldrin took a photo of himself while performing extravehicular activity in space during the Gemini 12 mission. Truly out of this world!



GREAT NEWS MEDIA

LEADERS IN COMMUNITY FOCUSED MARKETING

**We make your phone ring.
We bring you more customers.
We grow your sales.**

Call 403-720-0762 | grow@greatnewsmedia.ca



SCAN ME

Yielding to Emergency Vehicles

by Alberta Health Services



For everyone's safety, it is important motorists understand how to correctly yield right-of-way to emergency vehicles when their lights and sirens are activated. You can help all first responders navigate roads quickly and safely by following these basic rules.

When an emergency vehicle approaches with lights and siren activated:

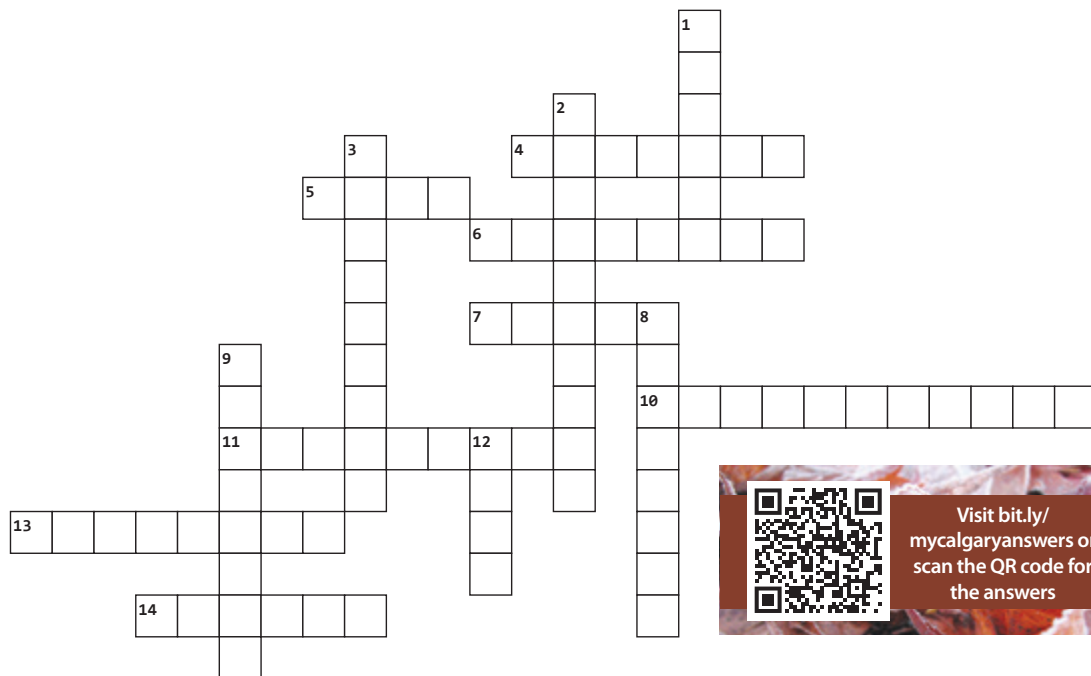
- If you're in the middle of an intersection when an emergency vehicle approaches with lights and siren activated, safely clear the intersection; be prepared to pull over.
- On a one- or two-lane road, motorists should move to the right side of the road, slow down, and then stop, remaining parallel with the road. Remember to signal.
- On one-way streets move to the nearest curb, either the right or left.
- On a road with three or more lanes, motorists should move to the nearest side of the road and stop. If driving in the centre lane, move to the right side of the road and stop. Remember to signal.
- Come to a complete stop and wait for the emergency vehicle to pass. Shoulder check for more emergency vehicles before re-entering traffic flow. Remember to signal.

- Emergency vehicles might use any available road space to maneuver. This could include shoulders or turning lanes, etc., in order to safely pass other traffic.

When operating a vehicle:

- Reduce speed to 60 km/h or the posted speed, whichever is lower, when passing any stopped roadside vehicle with flashing lights activated (emergency vehicles, tow trucks, maintenance trucks, etc.). This law applies to the lane immediately next to the stopped vehicles. If you're not in the lane next to the stopped vehicles, it is recommended to reduce speed and leave lots of space between yourself and emergency personnel.
- Do not break the rules of the road in order to give right of way to an emergency vehicle. This could include proceeding through a red light or making an illegal turn. Actions such as these jeopardize all motorists in the area.
- Drivers must place their full attention on the road and the safe operation of their vehicle at all times. The fine for distracted driving in Alberta is \$300 and three demerit points.
- Do not drive within 150 meters of an emergency vehicle with its siren and/or flashing lights on. For reference, 150 m is nearly 1.5 times the length of a football field.

November Crossword



Visit bit.ly/mycalgaryanswers or scan the QR code for the answers

Across

4. In November 1896, the hydroelectric powerplant at _____ Falls started operating.
5. "Novem" is the Latin word for what number?
6. The sci-fi novel, _____ *Park*, by Michael Crichton was published in November 1990.
7. World _____ Day is celebrated annually on November 1 and raises awareness about the ethical, environmental, and health issues related to animal consumption.
10. On November 4, 1922, Howard Carter discovered the first steps to the tomb of this ancient Egyptian Pharaoh.
11. This fast-food chain served its 50 billionth hamburger on November 20, 1984.
13. On November 30, 1982, Michael Jackson released his hit album "_____".
14. On November 27, 2013, this winter wonderland Disney animation was released.

Down

1. This Britney received her star on the Hollywood Walk of Fame at the age of 21 on November 17, 2003.
2. Jacques Plante became the first NHL goalie to wear a _____ protective face mask on November 1, 1959.
3. Canadian Music Hall of Fame inductee Gordon _____ was born on November 17, 1938, in Orillia, Ontario.
8. Stars of the romantic film *The _____*, Canadians Rachel McAdams and Ryan Gosling both celebrate their birthdays in November.
9. On November 15, 2020, Lewis _____ won his record-equalling seventh F1 World Drivers' Championship at the Turkish Grand Prix.
12. One of the most complete early human ancestor skeletons (*Australopithecus afarensis*), nicknamed _____, was discovered in Ethiopia on November 24, 1974.

Raising Non-Anxious Kids

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

Modern parenting has become highly involved. Many of us may hover, protect, and step in quickly to solve problems for our kids. While this comes from love, too much intervention can make it harder for children to build resilience, confidence, and coping skills. Add in the constant pull of screens and social media, and many kids grow up struggling with boredom, frustration, and independence.

A New Approach: Obstacle Parenting

Instead of removing every challenge, obstacle parenting gives kids space to face small struggles and learn from them. It's about doing less, not more, and trusting that kids can figure things out.

1. Resilience Comes Through Struggle

- Shielding kids from every difficulty robs them of practice in handling life's challenges.
- Small frustrations (like a tricky puzzle or waiting a few minutes for help) build patience and problem-solving skills.

2. Boredom Isn't Bad

- Constant stimulation from screens can dull curiosity.
- Letting kids experience boredom creates space for imagination, creativity, and self-discovery.

3. Screens and Social Media

- Technology isn't going away, but heavy use can lead to loneliness and anxiety.
- Balance matters: limiting screen time, teaching mindful use, and modelling healthy habits are key.

4. Parents Need Restraint Too

- Kids notice when adults are glued to their phones.
- Modelling presence—reading, drawing, or simply sitting quietly—teaches kids that life doesn't have to be constantly filled with screens.

Practical Tips for Parents

- **Pause Before Helping:** If your child asks for help, wait a few minutes. Encourage them to try first.
- **Make Things Just a Bit Harder:** Give challenges that require effort—like board games, chores, or puzzles.
- **Encourage Real-World Play:** Let kids play outside, climb, build, and explore with peers—even if it's messy or imperfect.



- **Embrace Boredom:** Remind kids (and yourself): "It's okay to be bored." Often, creativity follows.
- **Create Screen-Free Zones:** Mealtimes, bedtime routines, and family outings can be tech-free moments.
- **Model Healthy Habits:** Put your own phone down. Show your kids how to be present, curious, and engaged in the real world.
- **Build Community:** Rely on neighbours, friends, and extended family. Kids need more than just parents—they thrive with a wider circle of support.

Obstacle parenting isn't about making life hard for children. It's about giving them space to:

- Build confidence.
- Develop focus and endurance.
- Learn how to handle frustration.
- Discover creativity in boredom.
- Grow into resilient, less anxious adults.

Sometimes, the best gift we can give our kids is to step back, let them struggle a little, and trust that they can rise to the challenge.

Stuffed Red and Yellow Bell Peppers

by Jennifer Puri

Red bell peppers belong to the capsicum family. All bell peppers start out green and progress through the yellow and orange stages before reaching their most flavourful red stage.

Red bell peppers are considered the healthiest because they contain high levels of vitamins like C and A, and antioxidants. All bell peppers offer nutritional benefits but the red, yellow, and orange are the most flavourful.

Bell peppers can be used in every aspect of cooking, but the hollow insides of the peppers make them ideal for stuffing with ground meats, cheeses, and grains as shown in the stuffed red and yellow bell peppers recipe below.

Prep Time: 10 minutes

Cook Time: 25 minutes

Bake Time: 35 minutes

Servings: 4

Ingredients:

- 4 red and yellow bell peppers
- 1 lb. lean ground beef
- 2 tbsp. olive or canola oil
- 1 tsp. minced garlic
- ½ cup chopped yellow onion
- 1 tsp. minced ginger
- 2 bay leaves
- 1 cinnamon stick
- ¼ tsp. ground cloves
- ½ tsp. salt
- ½ tsp. black pepper
- 2 cups cooked long grain rice
- 2 cups shredded mozzarella or cheddar cheese

Directions:

1. Preheat oven to 425 degrees Fahrenheit.
2. Wash and dry the bell peppers, then slice in half and remove the pith and seeds.
3. Brush the bell peppers with a little oil and sprinkle some salt and black pepper. Place the peppers cut side up on a baking tray and roast in the oven for about 10 minutes.



3. While the peppers are baking, prepare the filling by heating the remaining oil in a skillet. Then add onions and sauté for a few minutes until softened.
4. Next add the garlic, ginger, bay leaves, cloves, cinnamon stick, and the ground beef. Sauté the mixture until the beef turns brown then add a cup of water, cover and cook for about 12 to 15 minutes or until the beef is cooked and the liquid dries up.
5. Remove from heat and discard the bay leaves and cinnamon stick before adding the cooked rice and half the cheese.
6. Arrange roasted bell pepper halves in a baking dish and spoon the beef and rice mixture into them. Bake on middle rack of oven for about 20 minutes then sprinkle remaining cheese and bake peppers uncovered for about 5 minutes or until cheese is melted.
7. Serve with mashed potatoes, garlic bread, or cornbread if desired.

Bon Appétit!

VISIT US TO ENTERTAIN WITH EASE!

Aspen Landing
403.272.8033



Springbank  **Cheese Co.**

Inspired living for active seniors in Calgary's most prime location

Independent, Assisted, Enhanced Lifestyles

- Minutes to shopping districts
- Modern large 1- & 2-bedroom suites
- Full kitchen, balcony & in suite laundry
- Countless activities
- 24/7 Care Support

Signature Park is all about the family you bring, connections you make, and the community we build together



Discover your next chapter at Signature Park

Schedule a Personalized Tour:
Imp@sp.themanorvillage.com

403-288-6266

1858 Sirocco Drive SW - Calgary Owned



THE MANOR VILLAGE
LIFE
CENTERS™
AT SIGNATURE PARK

For business classified ad rates contact
Great News Media
at 403-720-0762 or sales@greatnewsmedia.ca

NEPTUNE PLUMBING & HEATING LTD: Qualified journeymen plumbers/gasfitters, very experienced in Signal Hill. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24-hour emergency service, call 403-255-7938. "Showering you with great service."

OFFICIAL PLUMBING & HEATING: Small company, low overhead, excellent warranties, and great rates. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting, and more. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email info@officialplumbingheating.ca; www.official-plumbing-heating.ca.

SIGNAL HILL MORTGAGE BROKER: Save a bunch of cash! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita Russell at 403-771-8771 | anita@anitamortgage.ca | Licensed by Avenue Financial.

SNOW REMOVAL, CHRISTMAS LIGHTS, AND WINDOW CLEANING: Snow removal starting at \$110 to \$155 per month. Christmas light installation starting at \$150. Early season discounts! Window and gutter cleaning starting at \$99; interior/exterior/screens. Mulch, rock, sod, and soil installation. A+ Member of BBB, Licensed. Insured. WCB. 403-265-4769 | YardBustersLandscaping.com.

K2 BOOKKEEPING: Are you too busy to keep up with your bookkeeping? Experienced bookkeeper now accepting new clients. Specializing in small to medium-sized businesses. Competitive Rates | Twenty years Experience with QuickBooks and Simply Accounting, GST, Payroll, WCB, Filing, and T4 Filings. Phone Katie 403-870-0737.

SMITH PROPERTY RENOVATIONS: Experienced general contractor with high attention to detail. From kitchens to bathrooms, and everything in between. Check out my website and homestars page for pictures and reviews. Free estimates, licensed and insured. Website: Sp-renos.ca, phone: 587-333-5568, email: craig@sp-renos.ca.

BUSINESS CLASSIFIEDS

SIGNAL HILL PAINTER: Experienced Calgary Painter - Transform your space with precision and style! Our professional painting services bring life to your home. Skilled in interior and exterior projects. Affordable rates with top-quality results. Contact Jonathan for a free estimate at 403-561-4338. Your trusted choice for a fresh, vibrant look. www.fivestarpainting.com.

THE SNOW RETRIEVERS: Autumn leaves have fallen, and winter is here. Stay worry free - let us handle snow removal all winter. Packages start at \$149/month. Sign up today and save over \$250 this winter! Call 587-200-7985 or visit thesnowretrievers.ca. Buy back your time and enjoy what matters most.

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.

ACUMEN APPLIANCE REPAIR: Locally based company. Home appliances repair and installation, lint vent cleaning. All kinds and makes: stoves/ovens/ranges, fridges, freezers, washers/dryers, dishwashers, microwaves, trash compactors. Flexible hours, evening and weekend visits are available. Discounts for senior customers. Call at 587-997-4824 or e-mail acumenappliance@gmail.com.

BIG SKY VENTURES: Terry Raabis, Certified Master Electrician with over 50 years' electrical experience ~ home renovations, house re-wiring, troubleshooting, smoke and carbon monoxide detectors, breaker panel upgrades, fans, cooktops, range hood installs and much more! Fully licensed and insured. No charge on-site consultations. Customer satisfaction guaranteed. Call Terry at 587-228-9371 or email bigskyventures@shaw.ca.

MASTER ELECTRICIAN AND HOME HANDYMAN: Professional, quality electrical installations and home handyman repairs. Specializing in residential and commercial electrical installations and repairs, as well as handyman household repairs, renovations large or small. Very competitive rates for insured, quality work. Give me a call for a free quote! Contact Robin at 587-664-6961 or porterrobin@msn.com.

JEFFREY ELECTRIC: Friendly, professional electrical service for your next residential project, large or small. 10 years serving Calgary, City Qualified Trade, Master Electrician, licensed, insured. Very competitive rates for quality electrical work. Service panel upgrades from 60 amp to 200 amp. Car chargers, aluminum rewiring, custom kitchens and basements. Free estimates. www.cejelectric.com or call Clayton at 403-970-5441.

KITCHEN CABINETS REFINISHED: Hate the orange in your oak cabinets? Restore wood cabinets, water damage, get grime removed for approximately \$1495. Or change the look with a new colour spray finish for about \$3695. Environmentally friendly alternative to replacing or refacing. Call Doug at 'Not Just Paint' for a free estimate/consult. 403-671-0324.

PERFECTION PRUNING: Have you been noticing that your trees and shrubs are in need of some care and attention? We can help make your yard look beautiful again! Experienced arborist with excellent climbing, pruning and removal skills. Free quotes and 100% satisfaction guaranteed! Call or text Caleb at 403-660-7475. www.perfectionpruning.com.

ST. MARTIN'S ANGLICAN CHURCH: 1009 Prominence Way SW in Patterson Heights. Sunday service at 10:00 am (in-person and live-streamed). Mid-week service on Wednesdays at 2:00 pm. ESL conversation cafe on Tuesdays at 9:30 am. Sandwich making for Alpha House on Wednesdays at 1:00 pm. Christmas Eve services: 4:00 pm Festive Family Service and 7:00 pm Contemplative Christmas Eucharist.





LEN T WONG + ASSOCIATES

RE/MAX
COMPLETE REALTY



SIGNAL HILL COMMUNITY REAL ESTATE ACTIVITY

YOUR HOME SOLD GUARANTEED!*

Call to find out more about our
Innovative Consumer Programs

Virtual Tours

Guaranteed Sale Program*

Trade Up Program*

Blanket Home Warranty Program*

Accepting Crypto Currency

Call us to help you navigate through
the changing real estate world

Call or Text 403-606-8888

Email len@lenthwong.com

*Terms and Conditions Apply.

		Properties		Median Price	
		Listed	Sold	Listed	Sold
September	25	31	18	\$631,950	\$631,000
August	25	30	20	\$774,450	\$735,500
July	25	23	18	\$576,950	\$554,375
June	25	29	28	\$754,450	\$760,000
May	25	30	25	\$569,900	\$630,000
April	25	28	24	\$794,450	\$789,500
March	25	35	31	\$465,000	\$472,000
February	25	23	15	\$550,000	\$530,000
January	25	19	11	\$485,000	\$485,000
December	24	4	9	\$475,000	\$475,000
November	24	12	19	\$699,900	\$808,888
October	24	25	20	\$481,350	\$480,500

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



RITCHIE'S

Plumbing & Heating

Services

Plumbing & Drain Cleaning
Heating & Gasfitting
Inspections
Tank Replacement
Sewer Camera Inspections

24 HOUR EMERGENCY SERVICE tel. 587 392 6486

66% of Canadian families have yet to discuss their final wishes*

Have the talk. Then make your final arrangements together with the comfort of knowing you've protected each other from uncertainty.

Get started today with a FREE Planning Kit: 403-217-3700

 **Eden Brook Funeral Home & Cemetery**

by Arbor Memorial

24223 Township Road 242, Calgary, AB • 403-217-3700 • edenbrookcemetery.ca



* Research conducted by Willful and Arbor Memorial Inc. in a 2020 survey.

Arbor Memorial Inc.

Women in Need Society

WINS

Did you know when you shop at a WINS Thrift Store, all money raised stays in Calgary to provide much needed support to women and their families?

SO WHY SHOP WINS?

Because helping your community never looked so good.

Visit our Glenbrook Store

110, 67 Glenbrook Place SW
(formerly McArthur's Fine Furniture)

BELTLINE - DOVER - MANCHESTER - MACLEOD PLAZA - BOWNESS - RICHMOND



THRIFT STORE & DONATION CENTRES



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

38% faster

When it's time to sell your home, David sells it **38% faster**. David's listings averaged **20 days on the market** vs the rest of the market at 32 days, over the past 5 years.**

100%

Over the past 5 years, David's listings have sold at **100%** of list price on average, vs the rest of market at 99.4%.**

489 sales

With **489 sales** dating back to 2012, David has established himself as the top producing Realtor here on the Westside.*

David's sales are fast approaching twice that of his closest competitor, over the past 10 years!***

Detached homes – Listed & Sold – *Calendar 2012 – 2024; **Calendar 2020 – 2024; ***Calendar 2015 - 2024 – The combined Westside communities of: West Springs, Aspen Woods, Springbank Hill, Discovery Ridge, Signal Hill, Christie Park, Strathcona Park, Coach Hill, Patterson & Cougar Ridge.

Friend
Neighbour
Realtor®
David Pellettier

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

