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April	26	31	18	\$647,450	\$644,750
March	26	20	12	\$837,475	\$804,000
February	26	13	13	\$749,000	\$749,500
January	26	16	14	\$637,450	\$629,500
December	25	5	9	\$375,000	\$362,000
November	25	16	15	\$600,000	\$590,000
October	25	22	18	\$799,950	\$799,950
September	25	27	18	\$631,950	\$631,000
August	25	26	20	\$774,450	\$735,500
July	25	23	18	\$576,950	\$554,375

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CONTENTS

- 6 SIGNAL HILL COMMUNITY ASSOCIATION BOARD CONTACT LIST
- 8 RECIPE OF THE MONTH: TANGHULU
- 9 AUGUST CROSSWORD
- 11 WRITE IT FORWARD
- 13 BUSINESS CLASSIFIEDS



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SIGNAL HILL CONTENT**

**News, Events,
& More**



**Crime
Statistics**



**Real Estate
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Signal Hill
Community Association

Board Contact List

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Secretary	Vacant secretary@shca.ca
Treasurer	Rachelle Karski treasurer@shca.ca
Fundraising	Jordan Grant fund@shca.ca
Social	Aroop Rayu social@shca.ca
Communications and Membership	Vacant membership@shca.ca
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Business Liaison	Vacant business@shca.ca
Development	John Lamacchia development@shca.ca
Property and Facilities	Terry McGuire maintenance@shca.ca
Maintenance Director	Vacant
Director at Large	Jordan Grantas director1@shca.ca

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President's Message

Were you expecting a lot of smoke from fires this summer? It seems that's what has marked the summer season over the last few years. There were some spots, but not several months of it. Let's hope that August remains comparatively free of smoke.

Last month we had excellent attendance on Neighbour Day. Thank you to the volunteers who participated. Soon our casino volunteers will be supporting us by helping at the casino. It's great to see more summer use of the facilities at the rink! Even bookings at the gazebo. Let your imagination soar and we will see what we can accomplish with you.

Periodically, we get questions regarding items throughout the community such as fencing, way-finding enhancements, and other related matters. Residents want to know who they should turn to if problems arise. Going back 30 years, the developers built some fine properties within Signal Hill. Many homeowners have had the opportunity to enhance their own properties during the ensuing years. After 30 years, our community is showing its age. The questions that I posed in this message then arise. The Community Association cares for the parcel of land that we lease from the City of Calgary. Your Board regularly reviews our site to see if repairs or enhancements are needed. They are guided by a report that outlines the lifecycle of our

buildings and environs. While we are blessed with abundant greenspace in Signal Hill, the Community Association cares for the rink and buildings beside the playgrounds at Battalion Park Schools and the gazebo located on Signal Hill Drive.

There are some Residents Association's within the community boundaries that have been formed to cater to your property maintenance and related matters. They will stick to the aesthetics of your property; much like condo boards do with the facilities in a condominium.

3-1-1 is the helpline for Calgary's municipal information and resources. Over 30 departments are connected through the 3-1-1 system. If you are experiencing trouble in reaching the answer for your question, you also have the Ward 6 office to assist you. Three departments reach out to our Community Board at our monthly Board meetings to keep us up to date on opportunities that we can explore in meeting our Mission to "Engage with residents and businesses."

I hope this helps you in selecting the most optimal source for your exploration of which agency is best suited to your needs.

If you have other concerns or observations, you can reach out to me.

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



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Tanghulu

by S. Law



Looking for a fun way to use your fruit? Try making tanghulu at home! This classic Chinese snack is easy to make and the perfect treat, check out the recipe below!

Ingredients

- Any fruit that can be pierced on a skewer.
- 1 cup of sugar
- 1/2 cup of water
- Wooden skewers

Directions

1. Wash and dry your fruit of choice, cut it into 1 to 2 inch pieces. For berries keep them whole.
2. With your wooden skewers, pierce the fruit, pushing each one down until your skewer is full, leaving enough room at the end for you to hold. Set aside.
3. Pour your sugar and water into a pot, making sure the pot is not too full.
4. Stir the water and sugar together until fully combined, then turn the heat on medium and cover with a lid.

Do not stir while the pot is heating! The water will prevent the sugar from burning, stirring only agitates the crystals making the mixture clumpy.

5. Once the sugar water begins to boil, you can remove the lid and let it cook.
6. You are waiting for the sugar to become golden in colour, do not stir with a spoon, but you can lift the pot above the heat and gently swirl the contents, so it cooks evenly.
7. Once you think the sugar is close to being done, prepare an ice bath in a large container that will fit your skewers.
8. When the sugar turns that golden shade, remove it from the heat immediately and begin carefully dipping your prepared skewers. The sugar will be very hot, so be careful not to burn yourself.
9. As soon as they have been dipped, place them into the ice bath so the sugar hardens, and you're done!
10. Enjoy your hard-earned treat with family and friends.

August Crossword



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

Across

2. Described as a period of abnormally hot weather, August is a typical time for these extreme weather events.
4. *Everything Everywhere All at Once* stars _____ as Evelyn, a mother trying to save her daughter from the evil forces of Jobu Tupaki in every universe.
6. *I Barely Knew Her*; is the title of this new artist's first album.
7. Weeping _____, is a popular tree native to northern China, but is now found in many places in North America.
10. These freshwater fish have a deceptively colourful name and can be found in the Bow River.
11. This American artist released his album *Wishbone*, featuring the songs, "Vodka Cranberry" and "Eleven Eleven" in August of last year.
12. If you're out on the lake, you may see people participating in this relaxing water sport.

Down

1. In this popular card game, you and your partner need to accrue a total of 121 points to win, even better if you skunk your opponents.
3. This popular Broadway musical was recently performed here in Calgary, telling the story of Orpheus and Eurydice.
5. Anne Hathaway's character in *The Devil Wears Prada* wears this blue that "represents millions of dollars of countless jobs."
7. This award-winning horror film follows Julia Garner as she tries to find her 17 students that go missing in the middle of the night.
8. These public spaces often promote a summer reading challenge for young kids.
9. These cold, fruit-flavoured treats are well-loved on a hot summer day

Dating Safely: Recognizing the Red Flags of an Unsafe Relationship

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



Dating can be exciting. However, it's a time when we overlook warning signs because our attraction leads us to want to believe the best about someone. According to security expert and author Gavin de Becker in his bestselling book *The Gift of Fear*, our intuition is one of our greatest tools for recognizing danger. Learning to trust our instincts and identify red flags can help us avoid unhealthy or unsafe relationships before they become deeply established.

One of de Becker's central messages is that fear is not something to dismiss. It is valuable information. Many people who later experienced emotional abuse, coercion, or violence report that they had an uneasy feeling early on but talked themselves out of it. Rather than ignoring these feelings, de Becker encourages us to pay attention to them.

A common red flag is boundary violations. Healthy people respect your "no," your need for space, and your personal preferences. An unsafe person may repeatedly push your boundaries while disguising their persistence as affection or determination. One of de Becker's most important observations is that when someone ignores

a small "no," they are often testing whether they can ignore a larger one later.

Another warning sign is forced teaming. This occurs when someone creates an artificial sense of connection by speaking as though you are already a team. Statements such as "We're exactly alike," "No one understands me like you do," or "We're in this together" early in a relationship may be attempts to accelerate trust and intimacy before it has naturally developed.

Becker also describes the danger of love bombing, where a person overwhelms you with attention, gifts, praise, or declarations of love very early in dating. While genuine affection develops gradually, love bombing often creates pressure to reciprocate feelings that have not had time to develop authentically.

Another tactic he identifies is charm versus genuineness. Genuine people do not need to work hard to convince you they are good people. Excessive charm, flattery, and polished behaviour can sometimes be used to lower your guard. As de Becker notes, charm is often a strategy intended to persuade, while genuine kindness expects nothing in return.

Watch for loan sharking, another concept from *The Gift of Fear*. This occurs when someone does favours, buys gifts, or provides help that you did not ask for, then expects gratitude, access, attention, or compliance in return. Healthy generosity is freely given without creating a sense of obligation.

Becker also discusses typecasting, a manipulation tactic where someone makes a subtle negative comment in order to provoke you into proving them wrong. For example, "You're probably too busy to talk," or "You seem like someone who wouldn't give people a chance." The goal is often to influence your behaviour by triggering a need to defend yourself.

The most important lesson from *The Gift of Fear* is simple: trust your instincts. If you feel pressured, confused, manipulated, or unsafe, you do not need to justify those feelings. Your intuition exists to protect you. Healthy relationships feel respectful, safe, and consistent. When something feels off, listen to that inner voice, it recognizes danger before your conscious mind can explain it.

August's Reflection

by Michelle Macdonald, Letter Writing and Mail Club Enthusiast.

List your favourite hobbies. Pick one that gives you great fulfillment. Why is it so special to you?

Dear reader,

It has taken me some time to figure out who I am and which pastimes I need to feel truly content. My favourite hobbies are reading, gardening, camping, hiking, and jigsaw puzzles. To properly nourish our whole selves, I surmise we each need a combination of hobbies that embody various aspects of our lives. For example, we need something active to move our bodies, something to challenge and sharpen our minds, something social to connect us to others, and something peaceful to help us relax.

Gardening is particularly special to me, fulfilling both my active and relaxation needs. I have had a deep affinity for the outdoors and growing things since childhood, heavily influenced by my parents. My dad always tended to the vegetable garden, while my mom creatively landscaped their farm in Southern Ontario.

Working with the earth is a natural lesson in hard work and reward. One morning this spring, I was roaming the backyard with my hot cup of tea, impatiently wondering when my peas would finally begin to sprout. When I noticed a flash of green, I was elated. A single pea shoot was poking proudly out of the soil, and my heart was happy.

However, gardening also requires realistic expectations and acceptance of things entirely outside of our control. Since those peas sprouted, I've had to battle hungry birds and mischievous squirrels. Losing plants to hail, insects, and other pests is simply part of the deal.

Gardening in a climate with a short growing season requires flexibility. It forces me to accept that hours of hard work could be thwarted on any given day by Mother Nature. Honestly, if I hadn't learned to accept that reality, I likely would have quit by now! Yet, despite the frequent challenges, it remains deeply rewarding. Soon enough, I will be eating fresh peas, lettuce, herbs, raspberries, and other delicious food that I managed to nurture, protect, and keep alive.

Happy writing,

Michelle

Write It Forward



Now it's your turn to write it forward. Write a friend, neighbour, or family member about our monthly reflection.





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I have appreciated meeting many constituents and Albertans over the past month at outdoor festivals. It is gratifying to participate in numerous events where I met many happy, optimistic Albertans. The 'Can Do' spirit remains alive and well!

As an MLA and Cabinet Minister, the summer months remain as activity filled as the other months of the year. Ministerial responsibilities and constituency related matters include addressing emergent matters, meeting with stakeholders and constituents, addressing their concerns, and sourcing solutions. Representing the provincial government while attending and addressing attendees at public events also forms a large part of my responsibilities.

Families and communities across Alberta continue to experience the harms associated illegal drugs. Fentanyl, carfentanil, and other deadly substances take lives, fuel addiction, and leave lasting scars on families who have lost loved ones far too soon.

On International Day Against Drug Abuse and Illicit Trafficking, we acknowledged the human cost of drug abuse and our shared responsibility to confront it. Alberta's government is acting on multiple fronts to protect Albertans.

As we honoured the families who have lost loved ones, we commended those working toward recovery. We recognized the dedicated law enforcement officers, first responders, and community partners who work every day to protect Albertans.

Through investments in police services and specialized enforcement teams, including ALERT and the Alberta Sheriffs Interdiction Patrol Team, we are equipping law enforcement with the tools needed to disrupt trafficking operations and remove dangerous drugs from our streets.

Through the Alberta Recovery Model, we are increasing access to bed-based addiction treatment, expanding virtual access to addiction medicine care, and building eleven world-class recovery communities across the province, five of which are open and supporting clients. We will continue to invest in treatment capacity and community-based supports throughout Alberta to support Albertans finding a path to recovery.

Together, we're working to save lives and build stronger, healthier communities for generations to come.

Mike Ellis
MLA, Calgary-West

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