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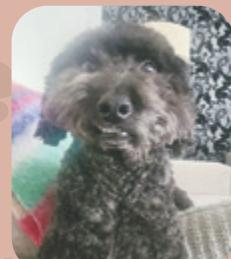
Betty White, Cranston



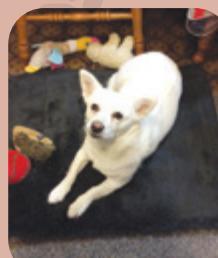
Dazi, North Glenmore Park



Jack, Seton



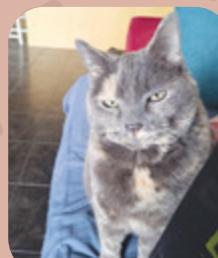
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SIGNAL HILL CONTENT**

**News, Events,  
& More**



**Crime  
Statistics**



**Real Estate  
Statistics**



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# Signal Hill

## Community Association

### Board Contact List

President	Ronald Waters <a href="mailto:president@shca.ca">president@shca.ca</a>
Vice President	Vacant <a href="mailto:veepree@shca.ca">veepree@shca.ca</a>
Secretary	Vacant <a href="mailto:secretary@shca.ca">secretary@shca.ca</a>
Treasurer	Rachelle Karski <a href="mailto:treasurer@shca.ca">treasurer@shca.ca</a>
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Business Liaison	Vacant <a href="mailto:business@shca.ca">business@shca.ca</a>
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Maintenance Director	Vacant
Director at Large	Vacant <a href="mailto:director1@shca.ca">director1@shca.ca</a>



### PRESIDENT'S MESSAGE

What a perfect start to our skating season! Our rink is open for skating! Our volunteers have been working hard to ensure that we can enjoy as full a season as possible. We were able to open mid-December. Usage of the space will be as it was last year.



In the November issue of this periodical, I highlighted the need for those to lead our association. I had outlined several positions that are open. Most still are. Many hands make light work! Our organization could experience dynamic growth if some of our residents could join us for just a few hours a month. Aroop Rayu will be returning to the Social Director role. That leaves the Business Liaison directorship open. I know that there are some gifted people in our community whose talents could be used to enhance and engage their neighbours, adding to the livability here in Signal Hill.

You can check out the masthead to see who is currently serving and what positions are open. Some have already reached out. Three of those that have reached out come to us with excellent communication and technical skills. After some discussion one person will be serving as a key volunteer at the committee level working to help bring a functioning website as well as presence. Thank you, Iman Bukhari, for being so willing to give back to the community. Another person with strong technical skills has also volunteered. This person is going through the process to see if they can serve as a Director on the Board. Perhaps we will be in a position to announce something later.

To clarify, we have an excellent volunteer base, some braving the cold so that some of our programming can run. My personal appreciation goes to those who currently serve on our board and some of those who have retired from the board, I deeply appreciate you. Many are still volunteering with our association or have expended their volunteer experience with other organizations.

Here's how you can reach me:

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# Rethinking New Year's Resolutions: A Kinder Approach to Food and Health

by Andrea Kroeker

January is often framed as a month of fresh starts and for many that means making resolutions about food, weight, or exercise. Often resolutions built on restriction don't last past February. When we set rules that feel rigid or punishing our natural response is to rebel against them. Then comes guilt, frustration, and the sense of "failing" before the year has even begun.

But there is another way to think about the new year, one that moves away from dieting and toward a more compassionate, sustainable relationship with food.

### Why Diet-Focused Resolutions Backfire

Traditional resolutions tend to sound like this:

- "No sugar for 30 days."
- "Cut carbs."
- "Lose X pounds."

But these rules ignore how human behaviour works. When we restrict food, our brain interprets it as a threat. Hunger hormones increase, cravings intensify, and the foods we try to avoid become even more appealing. This isn't a lack of willpower, it's biology.

Diet-focused resolutions also reduce health to a number on the scale, overlooking emotional well-being, social connection, culture, and daily rhythms that shape eating habits.

### A Non-Diet Alternative: Intention Over Restriction

Intuitive eating is a framework developed by dietitians and supported by evidence where it invites people to step away from dieting and reconnect with their body's cues: hunger, fullness, satisfaction, and emotional needs.

Instead of making weight-centered promises, consider intentions that foster curiosity and self-trust. For example:

- "I will pause before meals to check in with my hunger level."
- "I will add foods that help me feel energized, rather than cutting foods out."



- "I will explore movement that feels good instead of forcing punishing workouts."
- "I will practice being kinder to myself when I eat emotionally or feel stressed."

These intentions are flexible. They honour daily life and recognize that eating is not only physical but also social, emotional, and joyful.

### Honouring Satisfaction, Not Perfection

A key idea in intuitive eating is satisfaction. When meals feel satisfying, flavourful, comforting, and nourishing it becomes easier to stop eating when full. In contrast, when meals are very low in calories or overly "clean," we often roam the kitchen afterwards searching for something to "hit the spot" and satisfy our hunger.

Allowing preferred foods (yes, including treats or fun foods) within a balanced pattern reduces the urgency and guilt that often lead to overeating.

### A More Compassionate January

The new year does not need to be a self-improvement project. It can be a moment to practice gentleness, to notice small wins, and to reconnect with what truly matters—energy, pleasure, connection, and care.

Resolutions don't have to shrink you. They can expand your life.

As you step into January, consider what it would look like to trust your body a little more and judge it a little less. You might find that the most meaningful change comes not from tightening rules but from letting them go.



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		Listed	Sold	Listed	Sold
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October	25	25	18	\$799,950	\$799,950
September	25	28	18	\$631,950	\$631,000
August	25	27	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

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# The Art of Finding Work: What if I Told You Ageism Doesn't Exist?

by Nick Kossovan



When you read the title of this column, where did your focus and mental energy immediately go?

What if, when job searching, instead of obsessing about all the things you can't control—biases, economic factors, the job market, employer's hiring process—you focused on what you can control, such as creating and maintaining a professional network, tailoring your resume and cover letter for each application, managing your digital footprint, and cultivating a positive mindset. Wouldn't this be a more effective approach to your job search?

Every job seeker I encounter seems fixated on what they can't control. LinkedIn has become an echo chamber of pity, dominated by posts vilifying employers, giving unsolicited advice to employers who'll never read it, and venting about ageism, being overqualified, or ghosting. Participating in these discussions doesn't reflect well on you when employers check your profile to evaluate whether you're interview-worthy.

You're likely familiar with the quote attributed to theologian Reinhold Niebuhr: "Grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference." This emphasizes the importance of accepting situations you can't change and directing your energy towards what you can influence.

### **As a job seeker, you can't control:**

Someone's Biases: Do yourself a favour; stop trying to control the beliefs and behaviours of other people. Whether it's age, ethnicity, or any other characteristic, you can't change how someone perceives (read: interprets) you. Biases are a fact of life, and dwelling on them only drains energy.

Speaking of biases: Why do people fail to recognize their own biases but see them in others?

**The Economy and the Job Market:** Yes, economic downturns, market fluctuations, industry trends, government policies, and global events contribute to the job market landscape, but you have no influence over them. My advice is to say to yourself, "It is what it is," and turn your attention elsewhere.

**The Hiring Process:** Employers own their hiring process. You can't control how an employer structures their hiring process, accesses candidates, or how long they take to make a decision. Since no two employers hire the same way, job searching is unpredictable, leading to frustration if you let it dominate your mindset.

I often see the unpredictability of hiring; what one employer views as a positive might be seen as a negative by another. For example, hiring manager A might determine, based on the level of your previous job and/or your age, that you're overqualified and, therefore, will soon become bored and leave. Conversely, hiring manager B might perceive you as a potential role model for younger employees, in addition to bringing a wealth of knowledge and experience.

Subjective perception, the basis for creating bias, plays a crucial role in hiring decisions.

**Company Culture:** You're either a fit or you're not. Trying to contort yourself in hopes of appearing to be someone who'll "fit in" is pointless. If you get the job but can't be yourself, you won't be happy. Hiring managers know their company's culture much better than you, especially its nuances; hence, trust them if they determine you won't be a good fit.

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Past Experiences: What's done is done. If there's anything to learn from a mistake, do so and move on. Dwelling in the past only creates unnecessary anxiety.

### As a job seeker, you can control:

Creating and Maintaining a Professional Network: Your professional network is your lifeline in terms of job search and career advancement; thus, it's the most influential factor in your job search. Given that the correlation between networking and job search success is common knowledge, you undoubtedly know the primary benefit of networking is access to unadvertised opportunities.

I highly recommend reading *Never Eat Alone* by Keith Ferrazzi.

Tailoring Your Resume and Cover Letter: Each job application should feel personalized, highlighting your skills and experiences that directly relate to the position you're pursuing. "I applied to over 700 jobs in three months" isn't a flex. As far as job searching is concerned, submitting two quality applications daily is significantly better than the 'spray and pray' method that most job seekers resort to.

Your Digital Footprint: Be mindful of your online presence. Your social media activity reflects your professionalism. A messy digital footprint is a red flag to employers, just as not having one makes you appear out of touch.

Practicing Interview Skills: The best hack I know for honing your interview skills is to have more conversations with family, friends, acquaintances, and strangers and ask more open-ended questions ("How did you spend this past weekend?" "What made you decide to become an accountant?" "What's your go-to restaurant?"). The more comfortable you become having conversations, the better you'll perform in interviews, which are essentially a conversation.

Maintaining a Positive Mindset: Your attitude impacts your job search. Control your mindset by practicing mindfulness and gratitude. Focus on what you can achieve, not on what you believe is holding you back.

Another book recommendation: *Rewire Your Mindset: Own Your Thinking, Control Your Actions, Change Your Life!* by Brian Keane.

As in life, what you focus on determines where your energy goes; therefore, choose your focus wisely.



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## On Deerfoot Trail

by Garth Paul Ukrainetz

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**Councillor, Ward 6  
John Pantazopoulos**

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✉ ward6@calgary.ca [calgary.ca/ward6](http://calgary.ca/ward6)

✉ @Johnp4ward6 [@John4ward6](https://twitter.com/John4ward6)

Happy New Year Ward 6,

Over the past two months, City Council has been hard at work building relationships with community and business leaders to understand the pulse of our city. To all who have taken time to contact my office, thank you. Community engagement is crucial to a successful and accountable City Hall.

Budget season has officially wrapped up, and I am proud to say that my amendments to the budget have resulted in an approximate 75% reduction in property tax compared to what the previous council proposed. Additionally, they have allowed for a substantial investment in a new YMCA in West District, and improvements to safety on Calgary Transit.

While my goal was to take the property tax increase to 0%, we have still taken meaningful steps to address the cost-of-living strains Calgarians face every day. My amendments used \$50M in reserve funds to take our property tax increase from 5.6% to approximately 1.6%. I am pleased to see Council's support to invest in a new recreation facility in Ward 6, as well as a transit safety pilot program.

In the month ahead, I look forward to continuing the conversation on ending blanket rezoning and prioritizing thoughtful development. It is imperative that the system we are left with is better than what we had previously. Your voice and your community deserve to be heard.

As always, I am committed to fostering an open and honest dialogue between myself, my office, and your community. Thank you for reading!





### MLA Calgary - West

#### Mike Ellis

234 – 333 Aspen Glen Landing SW  
Calgary, AB T3H 0N6

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Alberta's government is putting the province at the forefront of police oversight in Canada with the creation of the PRC. This new commission replaces the patchwork of police investigating police with one independent body responsible for managing the full complaints process from receiving and assessing, to investigating and resolving complaints related to police conduct, including serious incidents, statutory offences, and overseeing disciplinary hearings.

By centralizing these functions within a single, independent agency, Alberta is ensuring complaints are handled fairly and consistently.

The Police Review Commission represents a new era in how Alberta addresses policing complaints. These changes are part of a broader paradigm shift where police are no longer seen as an arm of the state, but rather an extension and reflection of the community they serve. As an independent agency, it is committed to fairness, accountability and public trust, ensuring every complaint is investigated impartially and resolved openly.

A timely and transparent complaint resolution process is essential for both the public and police. That is why the PRC must complete investigations within 180 days. If more time is needed, the chief executive officer must publicly report on delays and provide justification. This ensures clarity, predictability, and accountability throughout the process. The commission will be arm's length from government and police services, meaning people can have greater confidence that their complaints will be investigated and resolved impartially. The PRC can initiate systemic reviews related to police conduct or emerging trends without the need for a public complaint. These reviews must be made public. Together, these measures create a clear, accountable process that strengthens transparency, supports continuous improvement, and enhances trust in how police oversight is carried out across Alberta.

The commission's design was formed through engagement with Indigenous communities, law enforcement partners, municipal officials, and community organizations, ensuring its structure and training reflect Alberta's diversity and values.



### MP Calgary Signal Hill

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## Egyptian Gem

January's birthstone is the garnet, but did you know that this gem was used by ancient Egyptians! As far back as 3000 BC, Egyptians used garnets for their jewellery, amulets, and burial artifacts. The Egyptians considered garnets a symbol of royalty and power. Perfect for any Pharaoh!

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**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.

**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](http://Sp-renos.ca), phone: 587-333-5568, email: [craig@sp-renos.ca](mailto:craig@sp-renos.ca).

**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.

**MASTER ELECTRICIAN AND HOME HANDYMAN:** Professional, certified electrical installations and home handyman repairs. Specializing in residential and commercial, as well as small renovations. 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](mailto:porterrobin@msn.com).

**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](http://www.communitymediation.ca), 403-269-2707.



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# David.

## KNOWS THE WESTSIDE

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

**33%**  
faster

When it's time to sell your home, David sells it **33% faster**. David's listings averaged **18 days on market** vs the rest of the market at 27 days.\*

**99.2%**

Over this past year (2025), David's listings have sold at **99.2%** of list price on average, outperforming the market yet again.\*

**517** sales

With **517 sales** dating back to 2012, David has established himself as the top producing Realtor here on the Westside.\*\*

Detached homes – Listed & Sold – \*November 30, 2025 YTD; \*\*Calendar 2012 - November 30, 2025 – The combined Westside communities of: West Springs, Aspen Woods, Springbank Hill, Discovery Ridge, Signal Hill, Christie Park, Strathcona Park, Coach Hill, Patterson & Cougar Ridge.  
Images reflect David's Detached homes sold in Calendar 2025.

Friend  
Neighbour  
Realtor®

**David Pellettier**

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