

FEBRUARY 2023

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THE OFFICIAL SAGE HILL COMMUNITY NEWSLETTER



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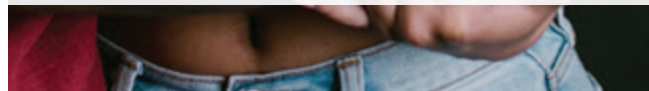
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Nolan Sage Hill
Content**



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PRESIDENT'S MESSAGE



Last month, the Alberta government announced an affordability payment for seniors, families with children under 18, and Albertans on benefit programs. These individuals are eligible to receive financial support to help with the rising costs of living due to inflation.

The application period opened January 15 so to see if you meet eligibility requirements, visit www.alberta.ca/affordability-action-plan.aspx for more information.

We have heard many complaints surrounding Calgary Property Assessments that hit our mailboxes last month and encourage all residents to contact the City if they have issues with their assessed property values. Personally, the City valued my home \$80,000 higher than last year and I am very concerned what my property tax bill is going to amount to with this new group of councillors in office. Contact 311 or www.calgary.ca for information on your Property Assessment.

In April, the Sage Hill Community Association will be hosting our Annual General Meeting and half of our board is up for election. We are seeking help with multiple positions such as, secretary, treasurer, and a few director positions. If you have the desire to put in a few hours a month volunteering for the community, please contact us. Some of the projects we have are community garden, development permit review, event planning, grant application and fundraising coordinator, ice rink maintenance, and sports coordinator. We would love to see volunteers from the Symons Gate Home Owners Association, Sage Hill Residents Association, and any of the area's condo board directors join the community association to add more depth to our board.

Our next meeting is February 1, 2023, followed by March 1 at a location to be determined. Meetings will still be broadcasted virtually via Microsoft Teams.

Ross Utigard

President, Sage Hill Community Association



Board Meetings

The next SHCA board meeting is:

Wednesday, March 1

BOARD OF DIRECTORS



President	Ross Utigard
1st VP	Adam Loria
2nd VP	Steph Wing
Treasurer	Vacant
Secretary	Vacant
Director 1	Beverly Sherban
Director 2	Sarah Jamieson
Director 3	Emmanuel Akinlabi
Director 4	Linda Russell
Director 5	Michelle Emekalam
Director 6	Lori Couture
Director 7	Vacant

SAFE & SOUND

February Is Heart Month

Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing may make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack may significantly improve survival and recovery. February is Heart Month: take the time to be heart safe and learn how you can reduce your risk.

Common Signs of a Heart Attack

(Any, or all, of these signs and symptoms may occur)

- Chest discomfort described as simply a mild pressure up to a 'crushing' pain; may also be 'squeezing' or a 'heavy' sensation.
- Discomfort may move to the shoulders, arm, neck, or jaw.
- May include shortness of breath, sweating, or nausea/vomiting.
- Signs may vary person to person and can differ between men, women, and the elderly.

Heart Attack Risk Factors

- Obesity*
- Sedentary lifestyle*
- Smoking*
- High cholesterol*
- Age/Gender
- Family history

Speak with your doctor about how to treat your modifiable (*) risk factors and learn to be heart safe.

What To Do When Seconds Count

- Call 911, immediately. Early treatment can greatly reduce heart damage and be the difference between life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous, and perform an electrocardiogram (ECG).
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will share information with the hospital so that definitive treatment can begin immediately upon arrival.
- Take a CPR/AED course. Training is widely available from many reputable organizations. It's easy and could make a significant difference in the outcome of someone experiencing a heart attack.

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Happy new year to all our community neighbours,

We hope that this message finds you all healthy and finding early success in this new year. Last year, we continued working to bring Symons Valley Park a centralized outdoor amenity for all our communities. Our project is planned to be a multipurpose/hockey rink, playgrounds, picnic area equipped with fire pits, tennis courts, bike track, and outdoor amphitheatre. It will be a community-based recreational destination for residents of Kincora, Nolan Hill, Sage Hill, and Sherwood to enjoy. If you aren't sure where our project will be built, you may recall we had a very successful Movie in the Park event in September at the open greenspace just south of Sage Hill Crossing. That's where we plan to build this amazing neighbourhood amenity!

For us to make this a reality, we need additional members for our board of directors and volunteer committees. We are looking for volunteers to help in areas of communication, fundraising, and finance stewardship. Last year, we operated the entire year with vacant board positions, including Vice-President, Secretary, and Director of Fund Development, which are critical roles within our society. We know there are some amazing people in our communities, and we're looking for some people who may have a little more time to give back to the community. If that sounds like you, please reach out to us so that we can connect and discuss how you can join a terrific team of dedicated volunteers.

Volunteer roles/activities we are recruiting for includes:

- **Director Vacancies:** Secretary, Director of Fund Development, Vice-President, Director at Large
- **Fundraising:** Volunteers will help the Fund Development Director develop strategies and apply for funding from all levels of government, corporate and private donors.
- **Communications:** Volunteers will assist the Communications Director in providing information to our members and stakeholders, including marking materials and social media.
- **Finance and Audit:** Volunteers will assist the Treasurer with development of organizational policies such as charitable donations, audit, financial reporting, accountability, and investment.

If you'd be able to help in one or more of these areas, reach out to us on our website. We look forward to seeing you around the communities this year as we connect with you and bring more events to the neighbourhood.

Kris McPherson, President – Symons Valley Park





mybabysitterlist

Calling All BABYSITTERS
Enroll free at mybabysitter.ca and choose the Calgary communities you would like to babysit in.

Calling All PARENTS
Visit mybabysitter.ca and find available babysitters in and around your community.

The Northernmost Settlement



Alert, Nunavut (Qikiqtaaluk Region) is the northernmost settlement in the entire world; this scientific and military hub is only 817 kilometres from the North Pole! February is typically Alert's coldest month and unbelievably, their record temperature low is -50 °C. I don't know about you, but Calgary isn't sounding so bad in comparison!

WE NEED YOU



**Immediate Appointment to the
SHCA board for the 2022/23 year**

**It's time to give back to our
community and join the Sage Hill
Community Association Board!**

Express interest at info@sagehilllyc.com



Please allow us to introduce ourselves! We are
RAINBOW ELDERS CALGARY

A support group for 2SLGBTQ+ seniors



Rainbow Elders Calgary is a volunteer-run organization determined to make a significant difference in the lives of 2SLGBTQ+ seniors. We work to provide support and address issues such as social isolation, housing, and loneliness.

As seniors, we also believe that we have a responsibility to connect with and be role models for our vulnerable 2SLGBTQ+ youth.

We invite you to get to know us as we make major differences in the lives of both young and older members of our queer community.

To discover more, please contact us!

email: rainbowelderscalgary@gmail.com

www.rainbowelderscalgary.ca

*Friendships
Social Events
Picnics
Role Models
Companionship
Coffee &
Cookies
Movie Nights
Connecting
with Youth
Making a
Difference
Being Proud
Celebrations*



Adopt-a-Rink Volunteers Needed!



The skating rink will be going in the field where Sage Valley Road meets Sage Valley Drive.

We will be needing volunteers to set up and flood the rink.

We will also require volunteers to help maintain the rink throughout the winter.

If you are interested in volunteering please email us at info@sagehillyyc.com

Screen Time: Finding a Balance

Many families enjoy watching a favourite television show or movie together, but it is easy for children to spend too much time alone with a TV, computer, or video game. How do you know when it's time to cut back screen time?

The Canadian Pediatric Society recommends: no screen time for children under two years old, less than one hour of screen time daily for children between the ages of two and four, and less than two hours of screen time per day for older children.

Too much screen time can limit time for physical activity, reading, schoolwork, and talking with family and friends. But you can help your children develop healthy habits by monitoring screen time and teaching them to use media safely and wisely.

Keeping Track of Screen Time

- Have a central spot in your home to keep all your devices. This will help keep track of screen time.
- Make a family TV show schedule together and post it where everyone can see it (e.g., on the fridge).
- Make sure that you all agree on the plan. For example, agree on no screens during meals so everyone knows what's OK to watch and when it's OK to watch it.

Lead by Example

- When someone is talking to you, stop looking at the screen and look at the person. Encourage your children to do the same.
- When you play or read with your child, turn off the TV and other screens. Even a show playing in the background matters. It distracts you and your child from learning the most from the activities you share.
- Show your children how to lead a balanced life between screen time and other activities.
- Make screen time active—play during commercials and choose shows that get your family up and moving.

Focus On Family Time

- Make a list of other activities so your family doesn't rely on screens for entertainment. Include outdoor activities, playing, and reading in your family's daily routine.



- At mealtimes, put your media devices aside. Use the time to talk to each other.
- Make at least one night each week a family night. That means no screens. Play card or board games, read together, or go to an event.
- Go for a walk or bike ride as a family.
- Go to the library for a story time or to check out a book.

Use Screen Time to Learn

- Help your child learn by watching and talking about TV shows together.
- Choose TV shows that:
 - Repeat ideas to help kids learn.
 - Pause and ask kids to join in.
 - Teach only one message at a time.

Cutting back on screen time is very difficult to do, and while you may want to cut back, this may not be a good time for you. If you cannot start now, perhaps you can think about doing it later.

Remember that you can control how fast you make any changes. Making small, gradual changes to what and how much you watch on TV and other screens will help you and your child maintain the changes. The decision to change and how you do it are up to you. You can find a way that works for your family.

When you are ready to try, your doctor can give you information and support to help.

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true worship*

EVERY SUNDAY **SUNDAY SERVICES:**
1st Service: **8:00am**
2nd Service: **10:00am**



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CONTACT US

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☎ 877-734-1788 | ✉ info@theeaglesark.org



Nolan Hill Real Estate Update

Last 12 Months Nolan Hill
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
December 2022	\$674,900	\$650,000
November 2022	\$559,900	\$550,000
October 2022	\$432,000	\$427,500
September 2022	\$550,000	\$538,500
August 2022	\$699,900	\$688,000
July 2022	\$480,000	\$491,000
June 2022	\$549,900	\$550,000
May 2022	\$579,900	\$574,888
April 2022	\$679,000	\$675,000
March 2022	\$562,450	\$587,000
February 2022	\$579,900	\$650,000
January 2022	\$549,000	\$536,000

Last 12 Months Nolan Hill
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
December 2022	5	5
November 2022	11	11
October 2022	11	14
September 2022	13	12
August 2022	22	21
July 2022	12	19
June 2022	21	19
May 2022	26	23
April 2022	32	25
March 2022	42	48
February 2022	44	23
January 2022	10	11

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

Sage Hill Real Estate Update

Last 12 Months Sage Hill
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
December 2022	\$298,800	\$280,000
November 2022	\$344,900	\$338,500
October 2022	\$399,000	\$394,000
September 2022	\$289,900	\$281,500
August 2022	\$315,000	\$311,450
July 2022	\$372,450	\$356,250
June 2022	\$399,950	\$401,000
May 2022	\$349,900	\$346,000
April 2022	\$350,000	\$359,000
March 2022	\$362,450	\$382,500
February 2022	\$403,700	\$415,000
January 2022	\$304,900	\$302,900

Last 12 Months Sage Hill
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
December 2022	11	11
November 2022	19	29
October 2022	19	20
September 2022	21	24
August 2022	36	24
July 2022	36	32
June 2022	30	26
May 2022	42	35
April 2022	39	35
March 2022	64	62
February 2022	48	40
January 2022	17	13

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

Decluttering? Tips for Selling Your Used Items Online

From the Better Business Bureau

The start of a new year is a great time to clean out your home and organize your living spaces. But what should you do with the gently used clothing, furniture, home items, or electronics that you aren't using anymore? Fortunately, online marketplaces, such as Craigslist, Facebook Marketplace, Ebay, and Poshmark, make it easy to sell without even leaving your home.

That said, there are a few perils to selling used items online. To avoid the dangers and to successfully make sales, BBB recommends the following tips.

How to Stay Safe When Making Online Sales

Choose an appropriate platform

Nerdwallet recommends that "before you sell stuff online to make extra money, determine the ideal venue for your goods." There are dozens of online marketplaces to choose from, but many of them focus on a specific kind of used goods, such as electronics or designer clothing. Before you create an account with a marketplace, make sure it is a good fit for the kind of goods you want to sell.

Know the worth of your items and price appropriately

To determine the value of an item you want to sell, Consumer Reports suggests searching for similar items on the site where you plan to list. If you are selling an item that was never used and is still in its original packaging, remember that technically it is still coming to the buyer second-hand, so you'll need to charge a little less than the original retail value if you want to make a sale.



Watch out for shady buyers

Con artists often pose as buyers in scams. Sometimes they offer to overpay for an item, but that's not their only tactic. Beware of buyers who ask you to make transactions outside of the selling platform or those who ask for personal information, such as your banking information.

Be extra cautious when making local sales

Some platforms allow you to meet up with people in your local area to exchange your item for cash in person. While this can be an effective way to sell big items and avoid marketplace fees, use caution when meeting up with strangers. Don't be quick to give them your home address, instead ask buyers to meet you in a safe place, such as outside your local police department. Never meet up with a buyer you don't know alone. Always bring your partner or a friend to make the transaction.

Always protect your personal information

As you sell items online, keep your sensitive personal information under lock and key. Avoid communicating with buyers outside of the online platform you are using to make the sale and don't give out your home address, phone number, or email address.

WINS
WOMEN IN NEED SOCIETY

WE NEED YOUR DONATIONS PLEASE!

We are in need of gently used furniture, clothing, and household items.

Please visit winsyyc.ca for stores and donation centre locations.



Preparing or Updating Your Will



Vilma Mydliar, LLB

It is important for everyone to have a will—people often have more assets than they think. An important part of estate planning is having a will along with an *Enduring Power of Attorney (EPA)* and a *Personal Directive (PD)*.

To prepare a will you need to decide who your executor(s) will be, name a guardian for your children if they are under the age of 18, and who will benefit from your estate. You can prepare a will at any time and existing wills should be updated especially if there are major changes in your life, such as getting married, starting a family, the death of a

family member or a divorce. We make this process easy and help to ease your mind.

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Saturday (2/mo): 8:00am - 3:00pm



Dr. Christina Coakwell

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RESIDENT PERSPECTIVES

Stargazing with Pat J: Celestial Bumper Cars

by Patricia Jeffery © 2022, Calgary Centre of the Royal Astronomical Society of Canada

While the Moon and planets may appear to peacefully traverse the night sky, in reality, all have been victims of catastrophic fender-benders with their solar system siblings.

Venus: Every planet spins anti-clockwise; except for Venus. Sometime in the distant past, something knocked Venus completely upside down, causing it to appear to rotate backwards; where the sun rises in the west and sets in the east. Equally weird, its axis rotation is so slow that a Venus day is longer than its year.

Earth: A Mars-sized object named Theia collided with Earth about 4.5 billion years ago. The gigantic impact blasted material into orbit which eventually consolidated into our Moon. The collision is also thought to be the reason Earth is tilted 23.5 degrees which is a good thing for us as otherwise there would be no seasons.

Saturn's Moon Mimas: The object that nearly destroyed Mimas left an impact crater 130 kms across; a comparable crater on Earth would be wider than Australia.

Uranus: All planets in the Solar system are tilted to some degree, but Uranus takes it to a whole new level. Early in life, a collision with an Earth-sized object left it with a tilt of almost 98 degrees; meaning Uranus is literally lying on its side.

As a result of the extreme tilt, summer on Uranus is 21 years of continuous sunshine while winter is 21 years of complete darkness. Despite being closer to the Sun than Neptune, Uranus is the coldest planet in the solar system at -224 degrees Celsius. And you thought our Canadian winters were bad.

***Asteroid Belt:** Located between Mars and Jupiter, these rocky fragments are not from a smashed planet, but merely material left over from when the solar system formed.



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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.

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**9 PM
ROUTINE**



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☒ CHECKLIST

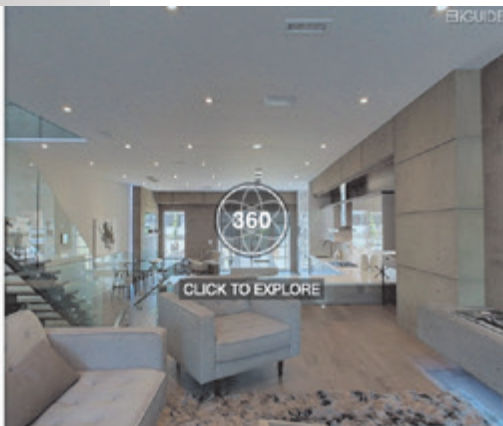
- Remove valuables & garage door openers from vehicles
- Lock vehicles
- Close overhead garage door
- Lock door between garage & house
- Close & lock all external doors
- Ensure windows are shut
- Turn on exterior light



Kirby Cox
& ASSOCIATES

Kirby Cox | Barb Daroux

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