

JANUARY 2023

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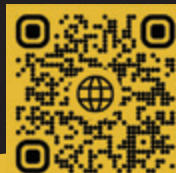
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Yip the dishes.



Unsecured food waste attracts wildlife. Keep clever coyotes hunting in the wild by ensuring garbage, compost, and recycling are in secure bins.

Calgary Wildlife is a registered charity and the only wildlife hospital within the City of Calgary. We promote positive wildlife-human interactions by giving educational talks at schools, community groups, and associations throughout the city.

Please visit
www.calgarywildlife.org
for more information.



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SCAN HERE

**To View
ADDITIONAL NOLAN
SAGE HILL CONTENT**



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PRESIDENT'S MESSAGE



On behalf of the Sage Hill Community Association, I wanted to wish everyone a Happy New Years and thank the participants who entered our 5th annual Christmas Light Display Contest. This Christmas was very cold, and judging was unfortunately done from inside

our vehicles so many of you may not have seen us come by, given this I still feel the winners were well deserving.

Our rink is now open, and I hope everyone can get out and enjoy it at least once this year. The fire pit is also available to all users, but you must supply your own wood and ensure the flames and coals are extinguished before you depart.

2023 our board will be focusing on recruiting a new Treasurer and Secretary, developing the Community Garden, improving on a few problematic spots on our rink, reviewing Development Permits, planning events, as well as board legacy planning.

Our next board meeting is Tuesday January 3, 2023, and due to the closure of the Beer Hall at Symons Valley Ranch, we are organizing a new venue in the community. Please visit our social media pages for potentially a last-minute location announcement.

Ross Utigard

President, Sage Hill Community Association

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.



Board Meetings

The next SHCA Board Meetings is:

Tuesday, January 3, 2023

BOARD OF DIRECTORS



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Learn more about your Calgary Catholic School District Board of Trustees!

Capital Plan and New Infrastructure Updates

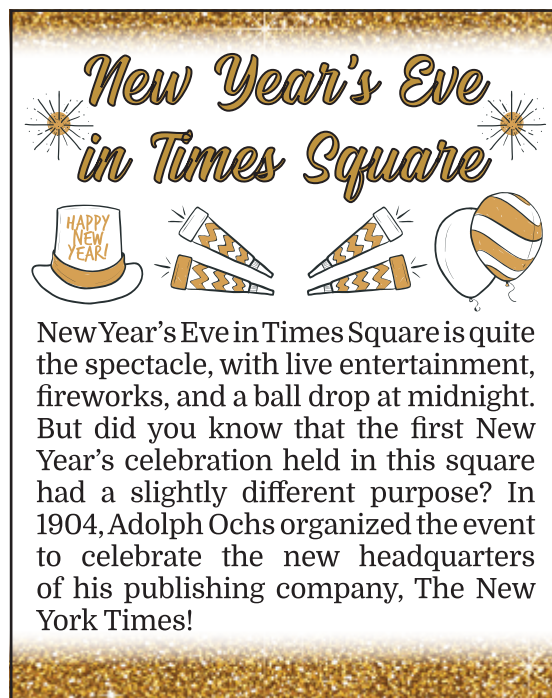
by Cathie Williams, Chair, CCSD Board of Trustees

Calgary Catholic School District (CCSD) is one of the largest school districts in Alberta, serving close to 60,000 students in 117 schools located in Calgary, Airdrie, Cochrane, Chestermere, and Rocky View County. Striving to meet student needs by ensuring they have access to safe, modern, faith-filled Catholic learning spaces close to where they live is one of the most important roles of the CCSD Board of Trustees. As our district and the areas we serve continue to grow, we need to continually advocate for infrastructure. Since CCSD represents five unique and diverse municipalities and is the only school district in the province that serves rural, urban, and metro areas; it is often challenging balancing these needs within each Three-Year Capital Plan.

Each year, school districts across Alberta are required to submit their Three-Year Capital Plan for consideration to Alberta Education by April 1. This document outlines the most critical infrastructure priorities. Prioritization of projects and subsequent funding is at the full discretion of the provincial government.

Calgary Catholic's Capital Planning process is one that is continuous throughout the year, as situations and emerging priorities are constantly evolving. Occasionally the situation changes significantly enough to prompt us to submit a mid-year revision to our capital plan. One such example of this occurred this school year when we moved up our request for the Rangeview High School, located in SE Calgary. The availability of our site in Rangeview and the significant growing population at All Saints High School led to this change in prioritization. Additionally, a new vision emerged for St. Martin de Porres High School in Airdrie, resulting from the critical need in Airdrie for high school space, which then led to a reprioritization mid-year of an addition for the school. The addition will see the capacity of the school core increase from 350 to 1,200 student

spaces, while being fully occupied with around 500 students. The project is currently projected to include five major phases of construction with the first phase hopefully kicking off around February 2023. Since CCSD is publicly funded, we are always looking for efficiencies of our own. The district has a long track record of constructing portable/modular classrooms which are both cost-effective and durable, with a lifespan of more than 50 years. In 2022, our Board of Trustees helped secure the district a pilot to construct six new modular classrooms once again. As always, we are appreciative of the collaborative relationship between our board and the provincial government, and we will continue to advocate for new Calgary Catholic schools and major modernizations in the communities where they are needed most. Our most recent Three-Year Capital Plan can be found on our website at ccsdinfo.ca/ThreeYearCapitalPlan_2023-2026.



New Year's Eve in Times Square is quite the spectacle, with live entertainment, fireworks, and a ball drop at midnight. But did you know that the first New Year's celebration held in this square had a slightly different purpose? In 1904, Adolph Ochs organized the event to celebrate the new headquarters of his publishing company, The New York Times!

Fly Safely on Your Vacation

from the Better Business Bureau



Are you thinking about traveling by air for a few days?

Before Clicking the Button to Buy Tickets, BBB Recommends the Following:

- Check current requirements for domestic and international travel. In Canada, look for Canadian travel advisories.
- Make sure everyone who is traveling has the appropriate ID. Make certain parties traveling together have a current compliant ID as required by the provinces or countries you're traveling to.
- Read all cancellation policies carefully. Not all situations require a full refund of the ticket value and fees if your flight is canceled. Each online travel agency, airline, and broker is different.
- Book tickets only after reviewing travel restrictions. Save time and stress by reading the updated status of restrictions on the Health Canada website.
- Consider trip insurance. Have a complete understanding of what the policy does and does not cover.

- Be an informed traveler. Refer to the Department of Transportation website for details on consumer issues, filing complaints, and other aviation information.
- Avoid hidden fees. Read the fine print!

Flying isn't the only aspect of your trip to consider.

Here Are Some Other Travel-Related Resources from BBB:

- **Rental cars:** Make your next car rental experience a little easier.
- **Hotel rooms:** Learn what to keep in mind when booking a hotel room.
- **Travel agents:** Know what to look for in a travel agent and find one near you.

During the holiday or any time of year, find ways to travel safely and avoid scams. If you plan to travel to or from Canada, check for travel advisories. Remember to report any suspicious activities to BBB Scam Tracker and sign up for Scam Alerts.

For more information go to [BBB.org](https://www.bbb.org).

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

The Nine Superpowers of a Hug

by Nancy Bergeron RPsych | info@nancybergeron.ca



The past few years of limited physical contact have taken their toll as something essential has been missing. We celebrate, comfort, and show our affection with it. Yes, I'm speaking of a simple hug. The average length of a hug is three seconds. However, when a hug lasts at least 20 seconds, there is a therapeutic effect on the body and mind. Psychotherapist Virginia Satir stated, "We need four hugs a day for survival. We need eight hugs a day for maintenance. We need 12 hugs a day for growth." There is a great deal of scientific evidence related to the importance of hugs and physical contact. Here are nine of their superpowers:

1. Stimulates Oxytocin

Oxytocin is a neurotransmitter that affects the brain's emotional centre, promoting feelings of contentment, reducing anxiety and stress, and even making mammals monogamous. When we hug someone, oxytocin is released into our bodies by our pituitary gland, lowering both our heart rates and our cortisol levels. Cortisol is the hormone responsible for stress, high blood pressure, and heart disease.

2. Cultivates Patience

A hug is one of the easiest ways to show appreciation and acknowledgement of another person. The world is a busy, hustling-bustling place. By slowing down and taking a moment to offer sincere hugs throughout the day, we're benefiting ourselves, others, and cultivating better patience within ourselves.

3. Prevents Disease

Hugs have a direct response on the reduction of stress which prevents many diseases. The Touch Research Institute at the University of Miami School of Medicine says it has carried out more than 100 studies into touch and found evidence of significant effects, including faster growth in premature babies, reduced pain, decreased autoimmune disease symptoms, lowered glucose levels in children with diabetes, and improved immune systems in people with cancer.

4. Stimulates Thymus Gland

Hugs strengthen the immune system. The gentle pressure on the sternum and the emotional charge this creates activates the Solar Plexus Chakra. This stimulates the thymus gland, which regulates and balances the body's production of white blood cells, which keep you healthy and disease free.

5. Nonverbal Communication

Almost 70 percent of communication is nonverbal. The interpretation of body language can be based on a single gesture and hugging is an excellent method of expressing yourself nonverbally to another human being.

6. Boosts Self-Esteem

Hugging boosts self-esteem, especially in children. Tactile sense is all-important in infants. A baby recognizes its parents initially by touch. From the time we're born, our family's touch shows us that we're loved and special. The association of self-worth and tactile sensations from our early years are still imbedded in our nervous system as adults. The cuddles we received from our mom and dad while growing up remain imprinted at a cellular level, and hugs remind us at a somatic level of that. Hugs, therefore, connect us to our ability to self-love.

7. Stimulates Dopamine

Low dopamine levels play a role in the neurodegenerative disease Parkinson's, as well as mood disorders such as depression. Dopamine is responsible for giving us that feel-good feeling and is also responsible for motivation! Hugs stimulate brains to release dopamine, the pleasure hormone. Dopamine sensors are the areas that many stimulating drugs such as cocaine and methamphetamine target.

8. Stimulates Serotonin

Hugging releases endorphins and serotonin into the blood vessels. The released endorphins and serotonin cause pleasure and negate pain and sadness, and decrease the chances of getting heart problems, help fight excess weight, and prolong life. Even the cuddling of pets has a soothing effect that reduces stress levels. Hugging for an extended time lifts one's serotonin levels, elevating mood and creating happiness.

9. Activates Parasympathetic System

Hugs balance out the nervous system. The skin contains a network of tiny, egg-shaped pressure centres called Pacinian corpuscles that can sense touch, and which are in contact with the brain through the vagus nerve. The skin response of someone receiving and giving a hug shows a change in skin conductance and suggests a more balanced state in the nervous system.

Make the new year a good one by using the superpower we all have. But don't forget to ask permission first!

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@sagehillcyc.com

Snow and Ice Road Conditions: Online Map Shows Calgary's Road Conditions

from the City of Calgary

Winter is in full force, which means a potential for snowfall in the city. The Snow and Ice Road Conditions map shows the process of snow clearing operations, locations of snowplows, priority routes, and visuals of road conditions from traffic camera images. This map is located at <https://maps.calgary.ca/RoadConditions/>.



Legend

Plow/Sander



Snow Clearing Progress

Roads

Priority 1 routes - completed

Priority 2 routes - completed

Plowed, sanded/salted in the last hour

Plowed, sanded/salted in the last 2 hours

Plowed, sanded/salted over 2 hours ago

To view more City of Calgary maps, please visit the Map Gallery at <https://mapgallery.calgary.ca/>.

Winter Cart Placement Tips

from the City of Calgary

Follow these winter tips to keep your cart collection safe and on schedule:

- Clear snow and ice to put your carts on even ground. Don't place carts behind or on top of snowbanks.
- Leave enough space around your carts to easily walk between and around them.
- Store carts in a sheltered spot and move them out on collection day so they don't freeze to the ground. Move carts back by 7:00 pm on collection day.
- Clear snow off your carts and keep lids closed. Snow in your blue cart ruins quality recyclables and makes them difficult to sort at the facility, meaning they can't be turned into new products.
- Prevent food and yard waste from freezing inside your green cart. Use compostable bags or place crumpled newspaper or a pizza box at the bottom of the cart.

Learn more at calgary.ca/cartplacement.





Olympic Medals for Artists





The founder of the modern Olympic Games, Baron Pierre de Coubertin, believed that a true Olympian was not only athletic, but also artistic. As a result, for the first four decades of these international games, artists were awarded medals for painting, sculpture, architecture, literature, and music, so long as their work was inspired by athletic endeavours.



Calgary Winters Are Safer When Everyone Pitches in to Clear Snow and Ice

from the City of Calgary

While our crews are clearing roads, designated pathways, and overpasses, residents and business owners are reminded to remove snow and ice from their property's adjacent sidewalk within 24 hours of snowfall ending.

The fine for not removing snow/ice from a sidewalk/pathway is \$250, with an escalating scale for subsequent convictions to the same property owner/occupant over a 12-month period.

Uncleared sidewalks can be reported to 311. Make sure to include the address or specific location details. A photo can be included with the 311 app.

When a complaint is submitted to 311, a Community Peace Officer issues a Snow and Ice Removal Notice, which gives the owner/occupant of a parcel 24 hours to clear the sidewalk. If after 24 hours the sidewalk has not been cleared, the file is then sent to a contractor to clear the sidewalk at the owner's expense.

Consider being a Snow Angel and clear the sidewalk of a neighbour who could use your help.

Learn more at calgary.ca/snowfines.



Now is a Great Time to Sign Up for The City's Monthly Property Tax Payment Plan TIPP

from the City of Calgary

The City's Tax Instalment Payment Plan (TIPP) is the most popular payment method. You pay the same amount as your annual property tax levy, but instead of one large lump sum payment in June, you pay smaller monthly instalments. This makes budgeting easier, and you reduce the risk of late payment penalties.

Joining TIPP in January ensures your monthly payments are spread throughout the year. Signing up for TIPP is easy. There is no charge to join, and you don't need to re-apply each year.

To request your TIPP agreement, go to calgary.ca/TIPP or call 311.

If you're already on TIPP, you can visit calgary.ca/TIPP to learn how your monthly TIPP instalments are calculated and adjusted.



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Nolan Hill Real Estate Update

Last 12 Months Nolan Hill
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
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
December 2021	\$480,000	\$501,000

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

	No. New Properties	No. Properties Sold
November 2022	10	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
December 2021	8	9

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
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
December 2021	\$365,000	\$360,000

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

	No. New Properties	No. Properties Sold
November 2022	17	29
October 2022	19	20
September 2022	21	24
August 2022	37	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
December 2021	14	27

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



Happy New Year Ward 2!

As 2022 wraps up, I would like to wish you and your loved ones a Happy New Year heading into 2023. As Council resumes this week, I want to remind citizens that I am available to be reached by email or by phone, and I look forward to hearing from you on what matters most. Please visit my website to stay up to date on all the latest news.

Traffic Safety Measures in Ward 2

Whether you're walking, biking, or driving, our office is committed to keeping Calgarians safe and on the move, within your communities and on Calgary's road network. By working together, we can improve traffic safety.

I am pleased to share the following Safety and Mobility Improvements confirmed for Ward 2:

Completed:

- Citadel Link and Citadel Hills Gr - Temporary traffic calming curb extension(s) and starburst pedestrian signs
- Hamptons Dr and Hampstead Rd - Temporary traffic calming curb extension(s)
- Nolan Hill Bv and Nolan Hill Av - Marked and signed crosswalk
- Arbour Crest Dr and Arbour Crest Cl - Ladder crosswalk pavement markings
- Hawkcliff Ga and Hawkwood Bv - Pedestrian sleeves and ladder crosswalk markings
- Hidden Valley Dr and Shaganappi Tr - New traffic signal

In Progress:

- Evansford Ci/Evanspark Ci and Symons Valley Pkwy - New traffic signal (Jan 2023)
- Nolanridge Co/Nolanridge Cr and Sarcee Tr - New traffic signal (Q2 2023)
- Evanstone Vw and Evansbrooke Link (Kenneth D. Taylor School) - Temporary traffic calming curb extension(s) (Q2 2023)
- Kincora Glen Rd (Concept being developed) - Temporary traffic calming curb treatment (Q2 2023)
- Ranchview Dr and Ranch Estates Dr (Concept being developed) - Temporary traffic calming curb extension(s) (Q2 2023)
- Nolan Hill Bv and Nolancrest Ga - Marked and signed crosswalk (Q2 2023)

Happy New Year! My hope for you and your family is a happy, healthy, and successful year ahead.

In October 2022, I was honoured to be appointed to the Conservative Shadow Cabinet as Shadow Minister for Prairie Economic Development and as Advisor to our Leader (Economy).

I am also now a member of the National Defence Committee where we are studying Canada's Arctic Security. Experts have testified about the urgent need to modernize NORAD and improve Canada's Arctic defence capabilities. I also recently travelled to Washington, DC where the committee received Arctic defence briefings.

As your voice in Parliament, I take every opportunity to raise concerns about affordability and the important role of Alberta's energy industry in the Canadian economy and in world energy security, including my recent statement on the impact of high energy prices on vulnerable people:

"Mr. Speaker, cold kills, not often by direct exposure, but quietly. People who are stuck in cold homes are more likely to die from high blood pressure and cardiac events resulting from their body's struggle to maintain circulation.

Reports say that 150,000 people will likely die from the cold in Europe this winter due to soaring energy costs amid Putin's murderous war on Ukraine. While Germany restarts its coal-powered plants, the Liberal government continues to block LNG projects and pipelines that could supply the world with affordable cleaner energy.

Thousands of Canadians also cannot afford to heat their homes due to inflation, taxes, and supply constraints. It is time for the government to cut the carbon tax and get out of the way so that Canada can supply the world with affordable energy. Its failure to do so will likely cause some vulnerable people to lose their lives this winter."

You are always welcome to contact my office at 403-282-7980 or pat.kelly@parl.gc.ca.

Swallowing Button Batteries is Dangerous

from Alberta Health Services



Button batteries are used to power items such as watches, cameras, calculators, hearing aids, and computer games. With Christmas around the corner, many children may receive gifts powered by button batteries and because of what they look like and their size, children can mistake button batteries for food or candy.

Swallowing button batteries is dangerous. Button batteries can cause chemical burns and damage your internal organs.

If your child swallows a button battery, it can cause burning, corrosion, or completely destroy the tissue in the upper digestive tract. This damage can happen very quickly and is likely to be worse if the battery gets stuck in the esophagus (throat) instead of moving into the stomach.

After ingesting a button battery your child might have one or more of these symptoms:

- Trouble breathing
- Wheezing, drooling
- Coughing and gagging when eating
- Trouble swallowing
- Chest pain
- Belly pain
- Nausea, vomiting
- No appetite
- Fever

There may not be any symptoms after swallowing a button battery, but injury can still occur.

If you think someone has swallowed a button battery:

- Do not try to make them vomit.
- Take them to an emergency department immediately.

To keep children safe this holiday season and beyond:

- Keep all batteries locked up, out of reach, and out of sight of children.
- Supervise children when they use products containing button batteries.
- Ensure children do not play with button batteries or are able to remove them from toys.
- Look for loose batteries on floors, tables, and counters. Dispose of batteries so that children cannot find them.
- Store or dispose of batteries in a secure place so that children cannot gain access to them. Cover the ends of the battery with tape before storing and disposing. Ensure button batteries are not left out, even if they are dead.

Visit [MyHealth.Alberta.ca](https://myhealth.alberta.ca) to learn more about button batteries, the signs and symptoms of button battery ingestion, as well as treatment.

Sledding Safety

by Alberta Health Services, EMS

Emergency Medical Services (EMS) would like to remind parents and children about a few toboggan/sledding safety tips as the winter season continues. Injuries may result from collisions with stationary objects on the hill, such as trees, poles, rocks, or even collisions with other people. Unprotected falls can also result in more serious injury if you lose control at high speeds. However, everyone can be safe and have fun on the toboggan hill by following these reminders.

Equipment

- Always ensure your toboggan, or sledding device, is in good repair. Inspect it for any damaged or missing parts before each use.
- Be certain the operator is fully capable of staying in control of the sled at all times.
- Wear a ski helmet, designed for use in cold weather and high speeds.

Hazards

- Avoid hills that are too steep or too icy.
- Choose hills free of all obstacles such as trees, rocks, utility poles, benches, or fences.
- Beware of loose scarves, or clothing containing drawstrings, which could present a strangulation hazard if they become caught or snagged.
- Look out for others. Move quickly to the side after finishing a run and stay to the side of the sliding path when walking up the hill.
- Children should be supervised by an adult; never toboggan alone.
- Tobogganing at night is not advised.

Plan Ahead

- Dress warmly in layers and anticipate weather changes.
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones.
- Take breaks out of the cold to warm up.
- Attempt to cover any exposed skin.
- Even when properly protected from the elements, the fingertips, toes, ears, the tip of the nose, and other high points on the face, such as the forehead and cheek bones can be affected by frostbite.
- If frost bite has occurred, treat it by first removing the individual out of the cold environment. Gently warm the affected skin by placing a warm hand over it, or by placing the affected part in warm - not hot - water, until re-warmed.

BUSINESS CLASSIFIEDS

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NOLAN HILL | SAGE 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 at 403-771-8771 | anita@anitamortgage.ca | Licensed by Avenue Financial.

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.



**9 PM
ROUTINE**



**CALGARY
POLICE
SERVICE**

☒ 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

got digital?

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