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SCAN HERE TO VIEW ADDITIONAL CONTENT: NEWS, EVENTS, CRIME STATS, REAL ESTATE STATS, & MORE

NOLAN HILL



SAGE HILL





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PRESIDENT'S MESSAGE



Please join us for our Annual General Meeting on Wednesday, March 29 at State and Main restaurant located in the Gates of Nolan Hill Plaza starting at 6:30 pm. Up for election this year is: first Vice President, Treasurer, Secretary, as well as four Directors

positions. If you are interested in joining the Community Association, please reach out to us at info@sagehillyyc. com. Volunteering in the community helps improve daily life for all Sage Hill residents through our sports programs, seasonal events, reviewing development permits, and community advocacy. Volunteering also looks great on a resume or school application. My term as President will come to an end in 2024 and I will not be seeking re-election as I have served 12 years on the Community Association with 10 of those as President and would like to find a successor to mentor over the year. If anyone has an interest in the President role, you can contact me directly so we can start sharing knowledge and make the transition as seamless as possible.

Soccer registration is now open for community Blizzards soccer in Sage Hill on Tuesday evenings, if you prefer another night of the week you can register in the Kincora program, or if you want to play more than one night a week you can register in both programs. Community soccer is designed for younger and less competitive players; however, if you do wish to transition to a competitive league, the Blizzards do offer that which is partially why Sage, Nolan, Sherwood, and Kincora have chosen them as their partner. They have beginner levels (in community) all the way up to adulthood competitive paths at the Inland athletic field on 112 Avenue. Also open for registration is Sportball which is perfect for youth aged 1 to 6 years old and focuses on multiple sports, confidence building, and basic sport fundamentals by introducing youth to sports. Both Blizzard soccer and Sportball information can be found via our website, www.sagehillyyc.com, by selecting the "sport" tab and again soccer or sport ball.

Our city Councillors are currently debating property tax and several issues surrounding delivery of city services. One concerning item is the idea of passing tax deficits from vacant business onto residential homes thus creating less of a tax gap from business properties to residential properties. Most concerning is this appears to be in addition to the 20% increase in Property Assessment values we received in the mail a few months ago. If passed, this will result in a significant property tax hike for all Calgarians, so I encourage everyone to reach out to their Councillor to express their opinion on all things city such as municipal taxes, transit safety, community maintenance, recreation, roads, housing/zoning, community planning, and even city wages. As taxpayers, it is our duty to ensure taxes and elected officials are representing us in our best interests and further, that elected officials are holding city bureaucrats accountable for the decisions they purpose.

Also, for families with elementary aged kids in the public system, March 1 is when Calgary Board of Education publishes their annual Capital Plan, which is a list of their top infrastructure proprieties for building new and modernizing older schools. Sage Hill has bounced around third or fourth place for the last decade on an elementary school but has fallen off in recent years due to rapid growth in the south and north central zones, as well as competition from existing schools' modernization needs. I am hopeful with all the new development and families moving into Sage Crest and Sage Meadows that we will achieve the criteria required to get a K to four public elementary or even a catholic five to nine. In your browser search "Calgary Board of Education 2023 Capital Plan" to see where we are ranked.

Thank you,

Ross Utigard

President, Sage Hill Community Association











SYMONS VALLEY PARK MESSAGE



Hello Community Neighbours,

It's starting to feel like spring is right around the corner! We've started our year off by developing our 2023 goal-setting and fundraising plans. We believe that with the right volunteers, those plans will become our successes come year end.

We have immediate volunteer opportunities available for people to step in and make a difference. We have openings on our board of directors and volunteer committees, and if you've been looking for a great initiative to invest your time and efforts into, why not start in your own backyard?

If it's your first time becoming a volunteer, this is a great way to give back to something that will benefit your community and family. Plus, volunteering also looks fantastic on your resume!

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 at the upcoming community association AGM, as well as around the communities this year as we continue to participate and volunteer at local events.

Kris McPherson, President – Symons Valley Park



YOUR CITY OF CALGARY

Business Map: Online Map Shows Calgary Businesses and Business Licence Information

from the City of Calgary



Wondering what businesses are open in Calgary? The business map shows commercial businesses and business licence information. You can search businesses by area through community districts, local area plans, and business improvement areas, or by business licences through license type categories or tradename. This map is located at https://maps.calgary.ca/businessmap/.To view more City of Calgary maps, please visit the Map Gallery at https://mapgallery.calgary.ca/.





WE NEED YOU

SHCA

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@sagehillyyc.com

Choosing a Meal Delivery Service

from the Better Business Bureau

Meal delivery services give consumers a more convenient way to make home-cooked dinners by delivering fresh, pre-measured ingredients and easy-to-follow recipes to your doorstep. But just like any other service, each company is different.

Pricing, ingredients, and preparation requirements vary greatly between services. You'll need to do some homework to pick the one that best meets your family's needs. If the appeal of a meal delivery subscription is learning new recipes and experimenting with ingredients, you might choose one company. But if your main interest is speed and simplicity, another may be a better fit.

The following tips will help select an ideal meal delivery service for your household:

- Research the delivery service. Ask friends and family, read reviews, and check BBB.org to learn about past customers' experiences.
- Set a budget and check the fine print. Pricing can vary from one company to the next. Make certain the service aligns with your budget. In addition, not all meal delivery services include shipping fees in their pricing read the fine print.
- Know your skill level. Before committing to a plan, research what kind of cooking techniques you'll need to know. If a company's recipes require searing, roasting, and braising, do you know how? If not, make sure you have the time to learn new techniques.
- Consider ingredient quality. Not all companies offer organic, non-GMO, or free-range meal ingredients. If these are must-haves for your family, make sure the company offers them.
- Determine how much prep work you want. Some companies do more chopping and sauce-making than others. This seemingly small difference can make a big difference in how long each meal takes to make.
- Consider the customer service. If there is ever a problem – a missing recipe card or ingredient, for

- example you want to know that you can count on customer service. Make sure there are clear, easy ways to contact the company, even late in the evening. Read the company's reviews and keep an eye out for any indication that customer service is lacking.
- Check the cancellation policy. Before making a decision to subscribe to meal delivery, understand the cancellation policy. Each company is different and some may have very strict policies.
- Be careful with personal information. Most food delivery services process payments online. Make sure the company is legitimate before offering up personal information such as financial information and address.
- Review BBB tips for shopping online. Since meal delivery services don't usually have brick and mortar storefronts, consider BBB's tips for smart shopping online.



SAGHIII COMMUNITYASSOCIATION

Innua WEDNESDAY, MARCH 29, 6:30 PM AT STATE AND MAIN RESTAURANT Meetin

AT STATE AND MAIN RESTAURANT

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Each year Emergency Medical Services respond to emergencies involving young children who have sustained severe burns or scalds. These incidents often occur inside the child's own home. Common causes include a child accidentally tipping hot liquids onto themselves, touching hot surfaces such as stoves, or making contact with electrical outlets. Fortunately, incidents such as these can be avoided by taking preventative measures.

Degrees of Burn

- 1°: Affects only the top layers of the skin; appears red like a sun burn; discomfort is generally tolerable.
- 2°: Deeper and much more painful than 1°burns; broken skin or blisters commonly develop.
- 3°: Severe: The deepest layers of skin and tissue are injured; may appear charred or leathery.

First Aid for Burns

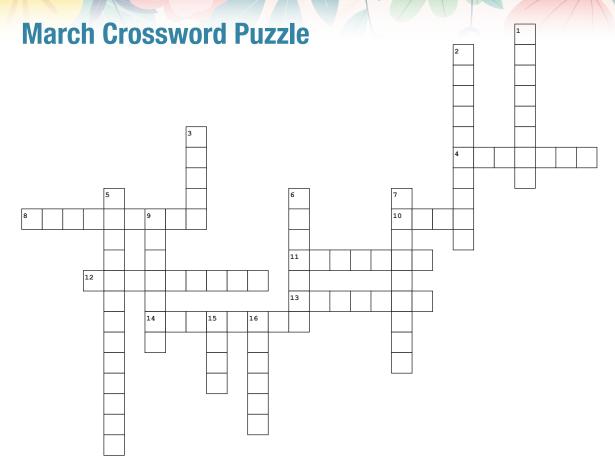
- Skin may continue to burn if not cooled. Immediately douse burns with large amounts of cold water.
- Cover the burn with a sterile dressing, or at least clean material to protect infection.

- Over the counter medications may be used for pain.
 Adhere to directions given on the label.
- Seek further medical attention, as required.

Prevention of Burns

- Check the temperature of your hot water tank. Temperatures as high as 60°C / 140°F will scald a child in just seconds.
- Use placemats instead of tablecloths. Tablecloths can be yanked downward causing hot drinks or food to spill on a child.
- Turn pot handles to the back of the stove and ensure cords from kettles, slow cookers, and other electrical appliances cannot be reached.
- Avoid picking up a child while holding any hot liquids.
- Ensure electrical outlets are made secure by installing commercially available safety devices which prohibit access.
- Keep children away from areas where appliances are in use (kettles, irons, hot stoves).

If you require immediate medical attention, call 911.



Down

- 1. March's birth flower
- 2. This best-selling French-Canadian singer was born on March 30, 1968
- 3. You get pinched if you don't wear this
- 5. Both a dessert and a celebration of mathematics that takes place on March 14
- 6. The saint most popularly associated with March 17
- 7. Popular chocolate and what you might find at the end of a rainbow
- 9. This children's author and cartoonist was born on March 2, 1904
- 15. Roman god of war who shares a name with this month
- 16. On March 25, 1990, Canada took home gold at the Women's World Hockey Championship in this city

Across

- 4. This day signals the start of spring in the northern hemisphere
- 8. Born on March 27, this Calgary-born singer and songwriter is famous for her hit single "Insensitive"
- 10. On March 6, we celebrate this cookie's 111th birthday
- 11. According to ancient Greeks and Romans, this was believed to be a path from the gods
- 12. An important international holiday celebrating gender equality
- 13. Each March, this city's river is dyed green
- 14. Another word for a three-leaf-clover

SCAN THE QR CODE FOR THE ANSWER KEY



Reducing the Salt in Your Diet

from Alberta Health Services



Reducing salt in your diet is one way to improve your heart health. Eating too much salt (sodium) may cause high blood pressure. If you lower your blood pressure, you may lower your risk of heart attack, heart failure, and stroke.

The top sources of sodium in our diets include ready -made bread, crackers, and muffins, as well as takeout pizza and lasagna, and processed meats such as deli meat and sausages. Cheese, soups, and condiments such as soy sauce and ketchup are also very high in salt. If you reduce the amount of processed, fast food, takeout food, and restaurant meals you eat, you may reduce the sodium in your diet.

Another way to lower sodium is to prepare food at home. When cooking at home, you can use little or no salt. Try flavouring your food with garlic, onions, herbs, spices, lemon juice, and vinegar instead of salt.

Do you need some tips on cooking with less sodium? The AHS South Health Campus Wellness Kitchen in Calgary will host "Low Sodium Tasty Tips and Tricks", a free online cooking demonstration. A registered dietitian will lead the two-part series, which will include information on reading labels, lower sodium substitutions, and preparing healthy lower-sodium foods that still taste great. Anyone in Alberta is welcome to sign up.

To register, visit ahs.ca/shcwellness or email wellness. shc@ahs.ca.

For more information on this topic, search "heart health" at ahs.ca/nutritionhandouts.

Orange Vegetables Are Healthy and Delicious

from Alberta Health Services



Canada's Food Guide Plate encourages Canadians to make half their plate vegetables or fruit. One recommendation is to have orange vegetables a few times a week.

Orange vegetables contain carotenoids. These are plant compounds that that convert into Vitamin A in your body. Vitamin A helps promote healthy vision and helps your eyesight in dark lighting. It also promotes the growth and health of cells in your body, and it helps regulate your immune system.

Orange vegetables that grow in Alberta are carrots, peppers, pumpkins, squash, and even sweet potatoes.

Here are a few ways to add orange vegetables to your meals:

- Choose sweet potato instead of regular potatoes.
- Serve roasted butternut squash.
- Serve sliced carrots or peppers as a snack.
- Roast carrots or peppers as a side dish.
- Add pureed pumpkin to regular mashed potatoes, soups, and sauces. Or add it into muffin or cookie batter when baking. For a fall treat, try it in a smoothie with cinnamon and nutmeg.

For a satisfying fall dish and other health recipes, you may want to try the sweet potato and carrot crisp recipe at ahs.ca/recipes.



Nolan Hill Real Estate Update

Last 12 Months Nolan Hill MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
January 2023	\$534,900	\$521,350
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

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

	No. New Properties	No. Properties Sold			
January 2023	12	10			
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			

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		
January 2023	\$549,900	\$495,000		
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		

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

	0 1				
	No. New Properties	No. Properties Sold			
January 2023	16	15			
December 2022	11	11			
November 2022	18	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			

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

Preparing or Updating Your Will



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). Vilma Mydliar, LLB

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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FOR THE SOLUTION



Councillor, Ward 2 Jennifer Wyness

403-268-2430

Jennifer.Wyness@calgary.ca

Calgary.ca/ward2 Ward2Wyness

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Working Together to Make Calgary Transit Safer

Improving safety on our transit network has been a top priority for my office over the past several months. While safety measures have been implemented by Calgary Transit, we are aware that many issues still persist. I will be participating in a ride-along with Transit peace officers to gain firsthand perspective on how we can address these issues. My office and I will also be touring the Operations Centre to fully understand the current scope of surveillance levels and response times.

My office and I have held several meetings with the leaders in Calgary Transit, Calgary Police, City Administration, and community partnerships to express concerns we've heard from residents regarding transit safety and cleanliness on the network.

Since our meetings, we have been notified that further safety measures will be added:

- Increased transit patrols;
- Enhanced surveillance:
- Establish downtown location for two teams along the LRT lines; and
- Hiring of 808 Calgary Transit employees, including additional sergeant positions, corporate security, and transit peace officers (to partner with the DOAP team) to support the unhoused population.

All levels of government must work together to help make transit safer for everyone. The ATU union, representing 35,000 transit workers in Canada, are calling for a national task force involving all levels of government to come up with constructive methods on how we can mitigate the risks. We must provide the best possible protections and look at all fundamentals needed to increase safety for riders and staff while ensuring the appropriate resources are deployed to those most vulnerable.

Transit Watch Text Line

If you see something, say something. The Transit Watch text messaging tool is available 24/7, and passengers can discreetly text 74100 to communicate with Calgary Transit staff and dispatch officers in real-time.

Other ways to report a concern:

- To the bus or CTrain operator, uniformed peace officer, or law enforcement authorities:
- Through the help phones located on CTrain stations, platforms, and MAX Purple stations;
- By phone at 403-262-1000; and
- In case of emergencies, always call 9-1-1.

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