

MAY 2023

DELIVERED MONTHLY TO 7,555 HOUSEHOLDS

your **SAGE** **NOLAN** HILL HILL

THE OFFICIAL SAGE HILL COMMUNITY NEWSLETTER

**SAGE HILL COMMUNITY
ASSOCIATION AGM
MAY 3 AT 6:30 PM**



PROMOTE YOUR BUSINESS HERE

Call 403-720-0762

or email sales@greatnewsmedia.ca

GET A QUOTE NOW





THE *Best* OF THE NORTHWEST
is where
families
COME FIRST



When your new home can be surrounded by everything your family deserves,
it just makes sense to make the move to Carrington South.



3
PLAYGROUNDS



2 PONDS &
PATHWAYS



1 FUTURE
SCHOOL SITE



15 MIN TO
AIRPORT

Single-Family Laned

FROM THE MID

\$500s

BY **EXCEL HOMES**  **TRUMAN**

Single-Family Front-Drive Garage

FROM THE LOW

\$600s

BY **EXCEL HOMES**  **Trico Homes**  **TRUMAN**

Prices & terms are subject to change without notice.



SHOW HOME HOURS

Monday - Thursday from 2-8 pm Weekends & Holidays from 12-5 pm

Introducing a Brand New
Northwest Neighbourhood
For Families Who Want More

THE NW'S BEST SELECTION
OF AMENITY LOTS

PARKS, PATHWAYS,
PONDS & PLAY SPACES

EASY ACCESS TO SHOPPING,
RECREATION & MORE

**CARRINGTON
SOUTH**



CARRINGTONSOUTH.COM

A worry-free life awaits you in the

Arbour Lake Retirement Community

Ask about
our special
promotions.



We pride ourselves in providing a safe, hassle-free environment for seniors to receive the services they need to improve their quality of life.

Enjoy lunch on us while we show you why our residents call us HOME.

Call or email **Deidre** today to arrange a visit.

Cell: 403.909.2683 | Office: 403.374.0955

Email: deidre.johnson@atriaretirement.ca

Website: arbourslakereirement.ca

900 Arbour Lake Road NW, Calgary, AB T3G 5J1

Services & Amenities:

- Enjoy freshly prepared meals 3 times per day
- Weekly housekeeping service
- 24/7 emergency response system
- Shuttle service for appointments and errands
- Daily engagement activities
- Lake access and much more

OFFICIAL

PLUMBING & HEATING

Plumbing Services
Furnace Install & Repair
Drain Cleaning
Boiler Install & Repair
Electrical

\$50

Service Call Fee

403-837-4023

info@officialplumbingheating.ca

official-plumbing-heating.ca

COCO
LASER & SKIN



Dr. Michael Massie

COCO SKIN CLINIC

Acne Clinic	Skin Tags
Warts	Moles
Eczema	Hair Loss
Psoriasis	Rashes
UV Phototherapy	

NO REFERRAL NEEDED

403-266-2626

WWW.COCOLASERANDSKIN.CA

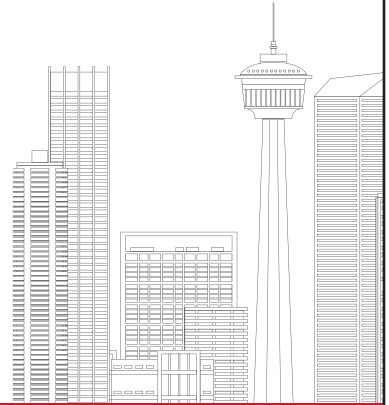


My Calgary

MyCalgary.com is a community news website dedicated to profiling local events, activities, perspectives, wellness, culture, and lifestyle content.

Available monthly by community:

- Community Real Estate Stats
- Digital Community Newsletters
- Community Crime Stats
- Politician Reports
- Community News/Content
- Local Classified Ads



 @MyCalgary_ |  MyCalgary |  @My_Calgary
news@mycalgary.com | 403-243-7348

Made by Great News Media

Scan to visit
MyCalgary.com



GREAT NEWS MEDIA

LEADERS IN COMMUNITY FOCUSED MARKETING

Great News Media has helped thousands of local companies market, advertise, and create awareness of their business, products, and services.

To advertise with us,
call 403-720-0762 or email
sales@greatnewsmedia.ca

Scan for an
advertising
quote



@greatnewsmedia



great-news-media

Visit our YouTube channel to
learn about the latest in print
and digital marketing!



CONTENTS

- 6 PRESIDENT’S MESSAGE
- 8 SYMONS VALLEY PARK AGM
- 9 TAKE ON WELLNESS: LIMIT SUGAR FOR A SWEET SMILE
- 11 RECIPE: TUNA TOSTADAS
- 12 GIRL GUIDES: AURORA SKY DISTRICT
- 15 BUSINESS CLASSIFIEDS



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

NOLAN HILL



SAGE HILL



Disclaimer: The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents’ Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

Great News Media and the Community and/or Residents’ Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

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

PRESIDENT'S MESSAGE

In April, an attempt was made to hold our 11th Annual General Meeting at State & Main restaurant; however, we were unsuccessful obtaining Quorum. In accordance with our Bylaws, we have rescheduled the AGM as a virtual event via Microsoft Teams for May 3 at 6:30 pm. This will be our second and final attempt to recruit new board members and if unsuccessful our Association will have no other option but to fall into a dormancy state until such time as new volunteers come forward and initiate a revival of our Association.

We have accomplished so much positive change for our community these past 11 years and wish to continue but require more support from our community. If you are interested in volunteering for our board, please email info@sagehillcyc.com and please purchase a \$25 membership off our website, www.sagehillcyc.com to be eligible to participate and/or seek nomination at our AGM this month.

I will have more updates after the AGM.

Thank you,

Ross Utigard

President, Sage Hill Community Association

Your Patio Furniture Superstore!

YETI **Wicker Land Patio** **weber**

TRAEGER **RATANA**

BBQ LAND **Modern Patio**

Located Three Blocks East of Chinook Mall
6125 Centre Street S, (403) 258-2506
WickerLand.ca

THE EMERALD

The emerald is May's official birthstone. Unlike some birthstones, emerald is classified as one of four precious gemstones. Although the oldest emeralds date back 2.97 billion years and were first mined in Egypt, emeralds have been found in Canada, although they're rare. Canada's first emeralds were found in 1998 in Yukon Territory!



April. 12th, 2023

Notice of Rescheduled SHCA 11th Annual General Meeting

On March 29th we attempted to hold an in person Annual General Meeting but for the first time in 11 years were unsuccessful obtaining quorum. In accordance with our Bylaws we will make a second and final attempt at holding our AGM. However, should we not meet quorum at this rescheduled event, our board will have no other option except to go dormant until such time as new volunteers come forward to revive our Association.

All Members are invited to attend the AGM virtually on May.3rd at 6:30pm via Microsoft Teams.

Tap on Link or Paste into Browser to join:

https://teams.microsoft.com/l/meetup-join/19%3ameeting_MmNjNGMzNzEtZTA5OC00MDkYLThlNmUtOTQ1MmZhNjRiNzM5%40thread.v2/0?context=%7b%22Tid%22%3a%22c4a47c06-25fc-49f3-8e56-830c1d890d14%22%2c%22Oid%22%3a%220077afef-68ca-4d4c-b0f2-27e6b1cb34dc%22%7d

Kindest Regards,

Ross Utigard,
President
Sage Hill Community Association
www.sagehilllyc.com
president@sagehilllyc.com

Symons Valley Park: 2023 Annual General Meeting



Notice is hereby given that the Annual General Meeting of the Symons Valley Leisure and Amenities Society will be held both in person and online on Tuesday May 30, 2023, on or about the hour of 7:00 pm at Symons Valley United Church (38 Kincora Rise NW) in the Valley Room. The purpose is to receive reports, approval, and confirmation of actions taken by the board since the last Annual General Meeting and for the transaction of such other business as may properly be brought before the meeting.

Symons Valley residents need permanent public recreational amenities. Join us at the AGM so you can stay informed and/or get involved in this exciting and much-needed multi-community project.

Agenda

1. Call to Order
2. Approval of Agenda
3. Approval of Minutes of the 2022 Annual General Meeting
4. President's Report
5. Finances Review and Approval
6. Bylaws Review and Approval
7. Approval of Directors
8. Vote on a special resolution brought forward by the current president of the society to waive articles 5.2.2 and 6.4.3 of the bylaws for Kris McPherson to remain both an officer of the board and president of the society if no other appointed directors stand for the president position.
9. Committee Reports
10. New Business
11. Adjournment

Board Vacancies

- Secretary
- Vice-President
- Director of Fund Development
- Two (2) Directors-at-Large
- Committee Positions (Communications, Fund Development, Finance, Project Development)

Option to Join Online

Google Meet video call link: <https://meet.google.com/ihk-xysu-zhd>

Or dial: (CA) +1 289-323-9378 PIN: 990 594 027#

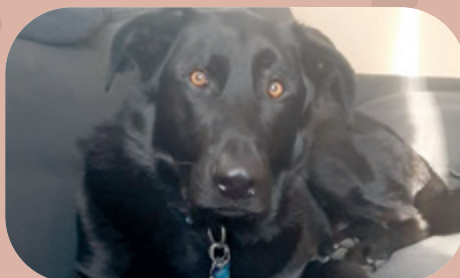
We look forward to seeing you there,

Kris McPherson, President

Cats, Canines, & Critters of Calgary



Miki, Haysboro



Riley, Dover



Rigby, Huntington Hills



Whiskey, Walden

To have your pet featured, email news@mycalgary.com

Limit Sugar for a Sweet Smile

April is Oral Health Month in Canada. Regular brushing and flossing are good habits to help reduce tooth decay. However, limiting added sugar is also an important way you can prevent tooth decay and protect overall health.

Choosing too many foods and drinks with added sugar can increase your risk for tooth decay. Acid is produced when the bacteria in your mouth eat sugar. The acid dissolves the tooth surface (enamel) and can lead to tooth decay. Added sugar also adds calories without any nutrients, and can contribute to other diseases such as diabetes, obesity, and cardiovascular disease.

Added sugars are found in processed foods and drinks and can also be used to preserve foods such as jams and jellies. They can be added for taste, texture, and colouring. Sugary drinks are the main source of added sugars in most people's diets. Examples include pop, fruit-flavored drinks, flavoured milks, sport drinks, and specialty coffees. Other foods high in added sugar are sweetened baked goods and desserts, chocolate and candy, and condiments like ketchup and jam.

The good news is that when we eat and drink less sugar, we lower the risk of tooth decay.

Here are some tips to limit added sugar for healthy teeth and overall health:

At the grocery store:

- Read the ingredient list. Words ending in "ose" such as sucrose and fructose, or words such as syrups, honey, molasses, fruit juice, and puree concentrate are sugars. When they appear at the beginning of the list, the food is higher in sugar. Choose these foods less often.

When cooking and baking:

- Choose recipes with little or small amounts of added sugar.
- Try cutting down on the sugar, syrup, molasses, and honey in your recipes. For example, instead of 1 cup (250 mL) use 1/2 or 3/4 cup (125 or 175 mL).

- Flavour foods with spices, herbs, lemon, or vinegars, such as balsamic and cider, instead of bottled, premade sauces.
- Ready-made sauces such as sweet and sour, honey garlic, and ketchup contain sugar. Use them less often and in smaller amounts.

At home and when eating away from home:

- Drink water to quench your thirst.
- Limit the amount of sugar you add to foods and drinks during preparation or at the table.
- Limit the number of sugary drinks you have, such as pop, fruit-flavoured drinks, flavoured milks, sport drinks, and specialty coffees.
- When choosing a snack, pick vegetables or fruits that do not contain added sugar.

Learn more at ahs.ca by searching "all about sugar."



How to BEE a Community Scientist

Help us document the different pollinators in Calgary!

1



Go to **inaturalist.ca** or download the app.



2



Look around your favourite park or backyard for any **insects visiting a flower.**



3



Take at least **2 clear photos of an insect**, preferably from multiple angles.



4



Take at least **1-2 photos of the plant** where you can see (1) the flower, and (2) the leaves/whole plant.

5



Upload your photos to iNaturalist. **Tip:** Create a separate observation for the insect and plant.

6



Add your insect observations to the Calgary Pollinators Project. **Tip:** Link your insect and plant observations together.



Alberta is home to hundreds of different pollinators – more than 330 kinds of bees, as well as flies, beetles, wasps, and other insects that are critical to our local food supply. We want to get to know the pollinators that call Calgary home and what plants best support them, and you can help! **Community science** involves the collaboration between scientists and the general public to collect and analyze data. The data you uploaded to iNaturalist can be used in research around the world, and close to home!



UNIVERSITY OF
CALGARY



iNaturalist



✉ sustain@ucalgary.ca (i) @dolleecology

Tuna Tostadas

by Jennifer Puri



To fold or not to fold is the difference between a tostada and a taco.

The decision to stuff toppings into a taco or pile toppings on a tostada is up to you.

The early Mexicans determined that the best way to extend the shelf life of a stale tortilla was to toast it. It appears that avoiding food waste was as important then as it is now.

There are many popular Mexican food options, but the taco is an international favourite, and there are few better ways to achieve a combination of flavours in one bite.

A tortilla fried or toasted is a delicious crunch base and can be topped with refried beans, cheese, Mexican rice, lettuce, tomatoes, ground beef, shredded chicken, or ahi tuna used in the recipe for tuna tostadas.

Prep Time: 20 minutes

Cook Time: 8 minutes

Servings: 4

Ingredients:

- 500 gm ahi tuna
- 2 cups thawed mango chunks
- 1 jalapeno pepper, seeded and chopped
- 3 tbsp. chopped coriander leaves
- ½ cup red onion, finely chopped
- 1 cup chopped cucumber
- 3 tbsp. extra virgin olive oil
- 2 tbsp. freshly squeezed lemon juice
- 6 tbp. mayonnaise
- 2 chipotle peppers in adobo sauce, finely chopped
- 4 x 6-inch corn or flour tortillas
- 4 tbsp. vegetable oil

Directions:

- Slice ahi tuna into bite size pieces and set aside.
- Cut mango chunks into half-inch pieces and place in a medium size mixing bowl. Add chopped, de-seeded jalapeno, red onion, cucumber, coriander leaves, lemon juice, and olive oil. Now add ahi tuna pieces and gently blend together, cover, and set aside.
- Prepare the adobo mayo dressing by combining the chopped chipotle peppers and a little of the adobo sauce with the mayonnaise.
- In a heated frying pan or skillet, place a tablespoon of vegetable oil and one tortilla. Fry tortilla, flipping once or twice until crispy, approximately one to two minutes. Remove from pan and place on paper towel to drain of any excess oil. Repeat process with remaining tortillas.
- Place individual tostadas on dinner plates and top with ahi tuna mixture. Garnish with a tablespoon of adobo mayo dressing, a few coriander leaves, and serve.

Bon Appétit!





AURORA SKY DISTRICT

Edgemont, Evanston, Hamptons, Hidden Valley, Hanson Ranch, Kincora, Nolan Hill, Sherwood, and Sage Hill

It is sometimes hard to write an article six weeks in advance of the article being published but here goes.

In late April, our entire district will be attending a District Camp Skills Day at Charles Butler Memorial Park just north of the city. The older girls (Pathfinders, Rangers, third year Guides) will be running the stations, and the younger girls (Sparks, Embers, younger Guides) will be participating. We will have stations like First Aid, Fire Safety, Outdoor Cooking, and Campsite Safety and Preparation. We will end the day with a campfire and singalong.

Our units have also been very busy selling our Girl Guide cookies – the classic ones with a row of chocolate and a row of vanilla. The price of a box of cookies is now \$6 this year – the first price raise in 10 years. We really do appreciate every single box of cookies that you buy. Selling Girl Guide cookies is our main fundraiser every year.

Thank you for all of your support of your local Girl Guides. If you'd like to become a leader, see below.

Join our valued team of volunteers. Find out more at www.girlguides.ca/volunteer or email the District Commissioner Aurora Sky at any-calgaryaurorasky@girlguides.ca.



GAMES & PUZZLES

Guess That Movie!

1. On Amity Island, beachgoers are harassed by a bloodthirsty sea beast.
2. An unlikely chef fulfills his dream of working in a famous Parisian restaurant.
3. A visit to a theme park full of genetically modified creatures goes very wrong.
4. The anti-social protagonist embarks on a journey to rescue a princess and save his home.
5. An overwhelmed princess escapes her duties and explores Rome with a stranger.



SCAN THE QR CODE
FOR THE ANSWERS!



SAVE A BUNCH OF CASH

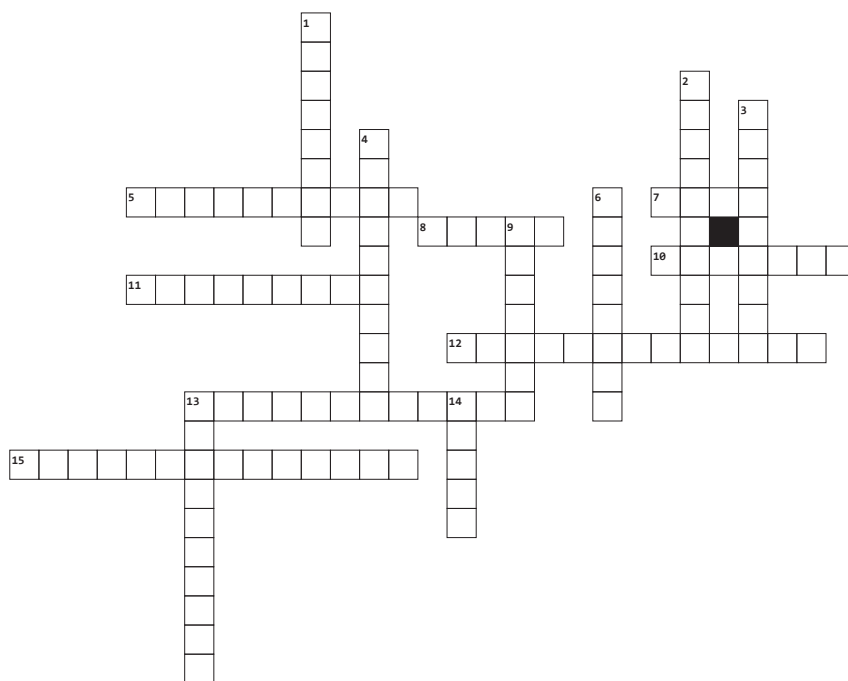
Expert advice
Excellent rates
Many options
Better mortgages



ANITA 403-771-8771
anita@anitamortgage.ca

Licensed by Avenue Financial

May Crossword Puzzle



Across

5. Originally from Nunavut, this artist has won both a Polaris Music Prize and a JUNO for her unique blend of throat singing with Western music genres.
7. In May of 1918, some women were given the ability to do this.
8. World _____ Day celebrates and raises awareness for this endangered water dwelling mammal.
10. On May 15, this band, hailing from Hamilton, Ontario won Group of the Year at the 2022 JUNO awards.
11. A *Star Wars* pun becomes very popular on this day.
12. This actor and ex-wrestler has both their American and Canadian citizenship, only getting the latter at the age of 37.
13. This classic children's toy was introduced on May 1, 1952, and was the first toy ever advertised on television.
15. On May 11, 2019, this novel by Eden Robinson won the Ethel Wilson Fiction Prize.

Down

1. On May 17, 1642, this Canadian city was founded by Paul de Chomedey, Sieur de Maisonneuve.
2. At San Francisco's Grand Opera House, this was played for the first time on May 4, 1878.
3. This clothing item was patented 150 years ago.
4. Released 28 years ago, this film increased tourism in Scotland.
6. A solar eclipse on May 29, 1919, proved _____'s theory of general relativity.
9. Canada's first _____ was found in 1998 in Yukon Territory.
13. In the United States, the most phone calls are made on this holiday.
14. On May 30, 1966, the first full-disk image of _____ was taken.

SCAN THE QR CODE FOR
THE ANSWER KEY





JASON LUAN

for Calgary-Foothills

UCP Candidate

It's a privilege to serve you as your MLA. Here is what we have accomplished together and our future goals:

LOCAL ACCOMPLISHMENTS

- ✓ Fully funded new K-9 school in Nolan Hill
- ✓ Middle school in Evanston
- ✓ Multi-year funding for Crowfoot Village Family Practice
- ✓ Over \$250,000 for Crowfoot Arena
- ✓ \$136,000 for YMCA Arbour Lake
- ✓ \$50,000 for Muslim Family Network Society
- ✓ Community outreach and events

FUTURE PLANS

- ✓ Make life more affordable for all Albertans
- ✓ Through job creation and diversification, we will continue to be the economic engine of Canada
- ✓ Have the right supports in place to ensure Albertans get the health care they need and deserve
- ✓ Stand up for Alberta and ensure provincial jurisdictions are respected

I am honoured to have served in three cabinet positions and delivered the following:

- ✓ Bringing back the Alberta Advantage for economic prosperity (promise made, promise kept!)
 - Alberta leads Canada for job creation with 221,000 jobs added since 2021
- ✓ Investing \$2 Billion to support primary health care
 - Reduced wait times for surgeries and EMS response
 - \$200 million to train more doctors and nurses
- ✓ \$2.3 billion to modernize, replace, and plan new and existing schools
- ✓ Over \$414 million for student transportation
- ✓ Nearly \$4.3 billion for community care for seniors
- ✓ \$8 million for additional police officers and crisis teams

Authorized by the Calgary Foothills UCP Constituency Association



BUSINESS CLASSIFIEDS

For business classified ad rates contact Great News Media at 403-720-0762 or sales@greatnewsmedia.ca

OFFICIAL PLUMBING & HEATING: Small company, low overhead, excellent warranties, and great rates. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting, and more. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email info@officialplumbingheating.ca; www.official-plumbing-heating.ca.

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.

TERRAVIEW LAWN CARE: Spring cleanups, power raking, aerating, slit-seeding, power washing, etc. Weekly and biweekly yard mowing and yard maintenance services. Reasonable rates. Call us today to discuss your yard care needs and to schedule any services. Craig | 403-819-7905. Ron | 403-669-4671.

JEFFREY ELECTRIC: Friendly, professional electrical service for your next residential project, large or small. 10 years serving Calgary, City Qualified Trade, Master Electrician, licensed, insured. Very competitive rates for quality electrical work. Service panel upgrades from 60 amp to 200 amp. Car chargers, aluminum rewiring, custom kitchens and basements. Free estimates. www.cejelectric.com or call Clayton at 403-970-5441.

GUTTER DOCTOR: Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, and heat cables. Local business for over 20 years with more than 50,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty! www.gutterdoctor.ca, 403-714-0711.

PAMPERED SENIOR CARE: Call Pam of PAMpered Senior Care at 403-690-7116 for exercise motivation, meal prep, rides to appointments, shopping, games, housekeeping. We are bonded, insured and Calgary owned since 2016, with experience in Dementia/Alzheimer's. PAMpered Pets since 2002, for pet-sitting and boarding, competitive rates! PAMpered Homes for expert cleaning monthly, bi-weekly, move-in or move-out. pamperedseniorcare@gmail.com.



In 1919, John and Stella King, descendants of black American settlers, moved to Calgary's Hillhurst-Sunnyside. In 1929, their daughter Violet was born. She would later attend the University of Alberta and become Canada's first black woman lawyer. An advocate for women and racialized individuals, Violet's many accomplishments live on today.

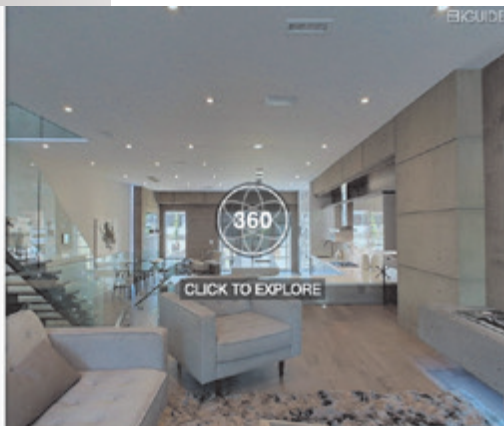


Kirby Cox
& ASSOCIATES

**VIRTUAL
STAGING**

Kirby Cox | Barb Daroux

***Seller's Market
Lowest Ever Inventory Levels!***



iGUIDE® Viewer

**YOUR HOME WILL
STAND OUT**

3D tours, detailed floor plans, and much more with our proven marketing and state-of-the-art technology.



Scan to check out
our current listings.

Selling Your Home? Check out our proven marketing plan.

In-house Showing
Coordinator – No 3rd
party call centres.

Professional high
dynamic photography
and videos.

State-of-the-art website
with over 40,000 unique
hits monthly.



#1 Real Estate Team in Calgary 2022*

*Royal LePage



kirbycox.com
Royal LePage Benchmark

403.247.5555