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THE OFFICIAL SAGE HILL COMMUNITY NEWSLETTER



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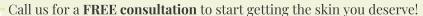


Welcome to Tarora Rejuvenation

Dear Guests,

We are Tarora Rejuvenation, your newest medical aesthetician clinic located in Nolanridge. The founder of Tarora Rejuvenation, Meena Bagga, has over two decades of experience working in beauty and wellness. She is committed to enhancing skin health, prioritizing top-tier services, ensuring quality, comfort, and a wonderful experience.

Tarora Rejuvenation offers services such as HydraFacial, Clinical Facial, Microneedling, Botox, Forma RF Skin Tightening, and so much more for all your beauty and cosmetic needs! We also offer medical grade products to help maintain at home like PCA, Alumier, and Elta MD.





50 Nolanridge Ct NW #140, Calgary, AB, T3R 1W7 tarorarejuvenation.com (403) 910-1741 MONDAY, WEDNESDAY, THURSDAY, FRIDAY 10 AM - 6 PM SATURDAY 11 AM - 5 PM

VALENTINE'S DAY SPECIAL!

FREE teeth whitening for your partner when you get your teeth whitened

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BE A PART OF YOUR COMMUNITY!

SUPPORT YOUR COMMUNITY ASSOCIATION!



Visit **sagehillyyc.com** to purchase an annual Sage Hill community association membership for only **\$25** so we can fund events in the community, as well as tackle community improvement projects.

Improvement Plans Are:

- Sage Hill skating rink
- Community garden project
- Trash can vinyl decals wrap project
- Future playground lifecycle replacement

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

NOLAN 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.

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BOARD OF DIRECTORS

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President	Ross Utigard	
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2nd VP	Lori Couture	
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Director 1	Ron Howey	
Director 2	Vacant	
Director 3	Vacant	
Director 4	Vacant	
Director 5	Vacant	
Director 6	Vacant	
Director 7	Vacant	



PRESIDENT'S MESSAGE

The cold temperatures we experienced in January were excellent ice making conditions, and as such the rink is fully open for all to enjoy. If you'd like to enjoy a bonfire in our firepit, please bring your own firewood and ensure you fully extinguish any flames prior to leaving.

Our Annual General Meeting is nearing, it will be in April, and we are looking for new volunteers and board members. I should break the news that this will be my last AGM, as after 12 years I have decided to not seek re-election as President. Many of you are aware of my attempts to find a replacement over the last three years and unfortunately, I have reached a point where I cannot commit to another term. So, as per our associations governing bylaws, I will transition into the role of Past President and be available on a part-time advisory basis to the new Directors. If anyone in the community is interested in putting their name forward, it would help tremendously with transition as well as continued operations of our community association which I feel is at risk should we not obtain enough board members. Volunteering on the board requires a time commitment of anywhere from five to twenty hours per month.

Please email info@sagehillyyc.com if you're interested in joining the Sage Hill Community Association and continuing our mission and vision of 'enhancing daily life for all Sage Hill residents through sport, social programs, and advocacy'.

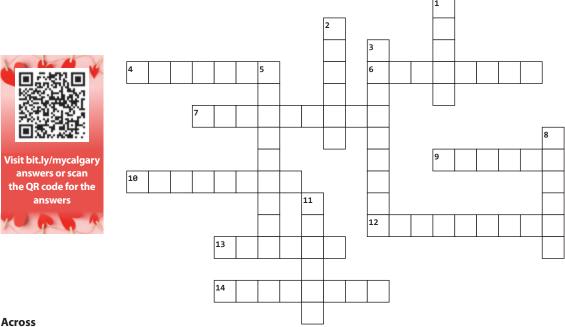
Our next board meeting is Monday, February 5 from 7:00 to 8:30 pm (location TBA). If anyone is interested in attending, please message us for more details as all members are welcome.

Thank you,

Ross Utigard



February Crossword



- 4. This historical fiction novel was released on February 10, 2009, and made into a major motion picture starring Viola Davis, Octavia Spencer, and Emma Stone.
- 6. A ring made with this birthstone had a carved image of Cupid and is said to be worn by St. Valentine.
- 7. This American painter, well-known for his artwork "American Gothic" was born on February 13, 1891.
- 9. On February 15, 1965, this country officially received its flag, 100 years after becoming a country.
- 10. Tessa Virtue and Scott Moir won gold in this category in February 2010 at the Vancouver Winter Olympics.
- 12. This well-known annual league championship takes place every year on the second Sunday in February. It will be played on February 11 at Allegiant Stadium in Las Vegas this year.
- 13. The official flower that represents birthdays in February.
- 14. The popular heart-shaped candies with cute messages were originally used as ______.

Down

- 1. This dwarf planet was discovered on February 18, 1930, and was named by 11-year-old, Venetia Burney.
- 2. February 10, 2024, marks the beginning of the Year of the .
- 3. This festival, which takes place on the same day as Shrove Tuesday, celebrates the end of the pre-Lenten season with colourful masks and parades.
- 5. Released in February 1940, this Disney motion picture featuring the beloved character Figaro, was the first animated feature to win a competitive Academy Award.
- 8. In 1990, the Lieutenant Governor of Alberta, Helen Hunley, introduced this day to celebrate and honour loved ones.
- 11. Abel Makkonen Tesfaye, better known as The _____, was born on February 16, 1990, in Scarborough.



Join Our Team: Seeking Passionate Volunteers for Grant Writing and Fundraising!

Dear Neighbours,

We hope this message finds you well and filled with the same enthusiasm for our cause as we are! At Symons Valley Park, we are on a mission to build a recreational destination for Kincora, Nolan Hill, Sage Hill, Sherwood, and beyond. As we strive to make a lasting difference in our community, we recognize the crucial role that grants and fundraising play in sustaining our initiatives.

To achieve our goals, we are reaching out to our incredible community to invite individuals who are passionate about making a positive impact to join our team as Volunteer Grant and Fundraising Personnel. These roles are essential to securing the financial resources we need to continue our vital work.

Why Volunteer with Us?

Make a difference by joining our grant and fundraising team, and you will directly contribute to our organization's ability to make a positive impact on the lives of others

Improve your professional development by gaining valuable experience in grant writing, fundraising strategies, and donor relations. Whether you're looking to build a career in the non-profit sector or simply want to enhance your skill set, this opportunity provides hands-on experience.

Come volunteer with a passionate and dedicated team working towards a common goal. You'll have the chance to collaborate with like-minded individuals who share your commitment to making a difference. (We're fun too!)

Grant Writers will:

- Research and identify potential grant opportunities.
- Prepare and submit grant proposals.
- Maintain accurate records and deadlines.

Fundraising Coordinators will:

- Assist with fundraising campaigns.
- Engage with donors and sponsors.
- Assist with fundraising events.

If you're ready to contribute your skills and time to our cause, we would love to hear from you! Please visit https://www.symonsvalleypark.ca or contact us at hello@symonsvalleypark.ca.

Sincerely,

Kris McPherson

President



Don't Get Stung by the Bee!

The shortest month of the year is one of the most misspelled words in the English language. February is like that mischievous word that trips up even the most seasoned spellers! It's the spelling bee's sneaky little riddle, playing hide-and-seek with that elusive "r" and making a twisty-turny challenge out of a seemingly simple month!





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 Vilma Mydliar, LLB 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.

For over 25 years, Shibley & Company has been supporting clients in northwest Calgary, and we take pride in consistently delivering personalised service.

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Sage Hill / Nolan Hill Real Estate Update

Last 12 Months Sage Hill MLS Real Estate Sale Price Stats

	Median Asking Price	Median Sold Price
December 2023	\$ 369,000	\$ 365,000
November 2023	\$ 349,900	\$ 347,500
October 2023	\$ 356,950	\$ 349,750
September 2023	\$ 355,000	\$ 365,000
August 2023	\$ 367,450	\$ 371,250
July 2023	\$ 349,900	\$ 368,000
June 2023	\$ 464,450	\$ 470,393
May 2023	\$ 384,999	\$ 382,000
April 2023	\$ 425,000	\$ 424,900
March 2023	\$ 335,000	\$ 350,200
February 2023	\$ 349,999	\$ 355,000
January 2023	\$ 549,900	\$ 495,000

Last 12 Months Nolan Hill MLS Real Estate Sale Price Stats

	Median Asking Price	Median Sold Price
December 2023	\$ 599,900	\$ 575,000
November 2023	\$ 510,000	\$ 507,875
October 2023	\$ 554,950	\$ 559,319
September 2023	\$ 665,000	\$ 682,000
August 2023	\$ 625,000	\$ 658,000
July 2023	\$ 673,950	\$ 685,000
June 2023	\$ 515,000	\$ 520,000
May 2023	\$ 675,000	\$ 645,000
April 2023	\$ 627,000	\$ 629,250
March 2023	\$ 585,000	\$ 620,000
February 2023	\$ 419,900	\$ 423,950
January 2023	\$ 534,900	\$ 521,350

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

TAKE ON WELLNESS

From the Heart: Show Your **Cardiovascular System Some Love This Valentine's Day**

From The Primary Care Network

Love is in the air and with February being Heart Month, there's no better time to show your cardiovascular system some love.

Heart disease is the second leading cause of death in Canada – luckily the Canadian Heart and Stroke Foundation says up to 80% of premature heart disease and stroke can be prevented through lifestyle choices.

Here Are Some Tips for Improving Heart Health:

- Prioritize a Healthy Diet Maintaining a heart healthy diet is an important factor in heart health. Navigating all options and information can be challenging. Calgary Foothills PCN has a team of register dietitians and nurses and offers workshops.
- Set Health Goals Set achievable health goals with the support of health management nurses. Incorporate exercise into your daily routine, manage stress, quit smoking or vaping, and get assistance with access to services for high cholesterol.
- Focus on Mental Health Stress can cause the heart to work harder and increase your risk of heart disease and stroke. The Calgary Foothills PCN mental health team offers one-on-one counselling and workshops.

Register for free support online at cfpcn.ca. If you're not sure where to start, talk to your family doctor who can help with your care plan.





This month, we're sharing tips for keeping on top of Calgary's cold weather, and how to stay safe while enjoying the winter.

Keep On Top of Calgary's Road and Pathways

Keep our community safe this winter! Winter is in full force, which means a potential for snowfall in the city. Remember to shovel your walkways and use sand or ice when needed. If you notice uncleared roads or sidewalks, report them to the City's 3-1-1 phone line or app. 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 maps.calgary.ca/RoadConditions/.

Stay Safe, Stay Off Storm Ponds

With more people heading outside for winter activities, we want to remind kids and their families to be safe while enjoying outdoor skating.

While your community storm pond may look inviting, recreational activities are not allowed on them. These ponds are part of your community's stormwater infrastructure and are there to reduce community flooding and clean stormwater before it returns to our rivers. Ice on these ponds is less predictable than ice on regular ponds and can be unstable even when it looks solid

Here's why:

- · Water levels in storm ponds can change rapidly as water moves between inlet and outlet pipes creating unpredictable ice conditions.
- Although the ice may appear thick in some areas, other areas may have little to no ice and often snow can cover visible hazards.

Instead, find a safe City or community outdoor skating rink near you at calgary.ca/rinks.

As always, feel free to reach out to us at any time at ward2@calgary.ca, or visit our Ward 2 blog at Calgary. ca/ward2. I look forward to hearing from you soon!



MLA Calgary-Foothills Court Ellingson

Critic for Technology & Innovation 202 - 1829 Ranchlands Blvd NW. Calgary

403-216-5444

Calgary.Foothills@assembly.ab.ca

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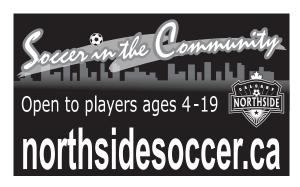
Greetings from the Calgary-Foothills Constituency Office,

It was great to meet many of you and enjoy a beautiful winter afternoon with friends and family at the Evanston Skate Shack Event. Spending time together on days like this is how we build community and get to know our neighbours. We look forward to many more community events in the future.

We had a great turnout at our Your Pension is Yours, Pension Town Hall hosted together with Julia Hayter, MLA for Calgary Edgemont on January 23 at the Dalhousie Community Hall. The Canada Pension Plan is recognized globally as one of the best managed pension funds. The governance model of the CPP means the investment decisions are independent of government. We know that larger funds provide greater stability to all the beneficiaries of the fund. Leaving the CPP puts this at risk.

My role as your MLA is to listen and advocate. To be your voice in the Legislature. Hosting town halls is one avenue for us to connect with you. We will keep you informed of my activities, and address concerns with education, health care, and the future of our economy.

A reminder that you can keep up with my work by following me on social media: @CourtEllingson. Don't hesitate to contact Calgary.foothills@assembly.ab.ca to volunteer or learn how your MLA can support you!





MP Calgary Rocky Ridge Pat Kelly

202 - 400 Crowfoot Crescent NW Calgary, AB T3G 5H6

△ 403-282-7980 **ଢ** 403-282-3587

pat.kelly@parl.gc.ca

Canadians are struggling with the high cost of food, energy and especially housing. 49% of Canadians spend at least half of their income on housing. Rents and mortgage payments are quickly rising and housing construction is slowing despite overwhelming demand. Conservative Leader Pierre Poilievre tabled the Building Homes, Not Bureaucracy Act, to address the housing shortage that is driving up prices and rents which incentivizes municipalities to remove red tape that prevents new construction by connecting federal infrastructure funding to increasing the housing supply.

High food prices drove a record number of Canadians to food banks last year. Canada's Food Price Report released last year predicted that the amount of money spent by the average family on food will increase by \$700 this year. The House of Commons passed a Conservative Private Members' Bill (C-234), to take the Carbon Tax off farmers in order to bring down the cost of food, but the Senate failed to pass the bill.

The federal government acknowledged that the Carbon Tax makes home heating less affordable when it granted an exemption for home heating oil used mostly by Atlantic Canadians. My colleagues and I demanded that the Government provide Carbon Tax relief to families struggling with heating bills, farmers who grow our food, and for First Nations who are now suing the government for encroaching on their Constitutional rights. After refusing to grant this tax relief, Conservatives voted non-confidence by voting against the government's spending (135 votes) for 30 hours straight shortly before the Christmas break.

Constituents are welcome to contact me with concerns related to federal policy. Feedback from constituents is critical and helps me know what constituents think about matters under federal jurisdiction.

It remains my honour to represent you at the House of Commons as your Member of Parliament.





Calgary Confederation Len Webber, MP 2020 – 10 St NW Calgary, AB T2M 3M2

403-220-0888

✓ len.webber@parl.gc.ca

Protecting Children

Canada's Supreme Court has ruled that mandatory minimum penalties for the charge of child luring are unconstitutional.

Of course, I am deeply disappointed that such crimes are not deemed worthy of a minimum sentence as this would send a strong message that our society abhors these types of crimes. We also know that someone behind bars is not someone on the street luring children.

We know crime is at record levels and many Canadians tell me that crime, chaos, and disorder are becoming the norm. Canada's murder rate is now at a 30-year high after increasing for the fourth year in a row. Many no longer feel safe in their communities, on their streets, or on their transit systems. It does not have to be this way.

We need to ensure anyone charged and convicted of child luring faces jail time. The crime of child luring has a devastating impact on victims. I strongly believe that perpetrators of this abuse should face a minimum amount of time in jail, at the very least.

Recently our Conservative amendment to Bill S-12 to make registration in the National Sex Offender Registry mandatory for all individuals convicted of sexual offences against children was defeated.

Conservatives also introduced Bill C-336, the Strengthening Reporting Obligations for Sex Offenders Act, to ensure high-risk sex offenders are bound to stricter rules to protect the lives of vulnerable Canadians. children, and their families.

It is my hope that this Bill gets the necessary support to become law. It is time we rebalance our justice system in favour of victims and the community.

If you have been a victim of crime and need help, please visit www.canada.ca/victims to see what programs, services, and rights you have.



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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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