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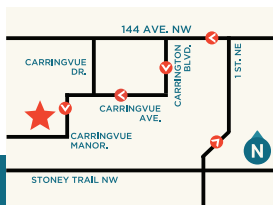


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Improvement Plans Are:

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

CONTENTS

- 7 GIRL GUIDES: AURORA SKY DISTRICT
- 8 GAMES AND PUZZLES: MARCH CROSSWORD
- 9 SYMONS VALLEY PARK UPDATE
- 11 RESIDENT PERSPECTIVES:
WORLD OPTOMETRY DAY: THE VITAL ROLE
OPTOMETRISTS PLAY IN DEFENDING US FROM
THE 'SILENT THIEF OF SIGHT'
- 13 BUSINESS CLASSIFIEDS



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

NOLAN HILL

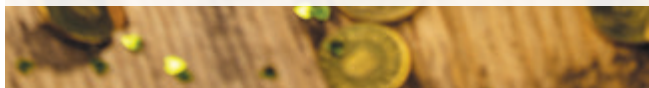


SAGE HILL



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Girl Guides

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AURORA SKY DISTRICT

The 110th Calgary Guide unit in Aurora Sky district has been having a great year! We have a large unit with 24 guides, four Guiders, and many parent volunteers. We still have a large waitlist for our unit and need more adult volunteer Guiders to open another Guide unit. If you are interested in getting involved in Guiding, please contact our District Commissioners: any-calgaryaurorasky@girlguides.ca.

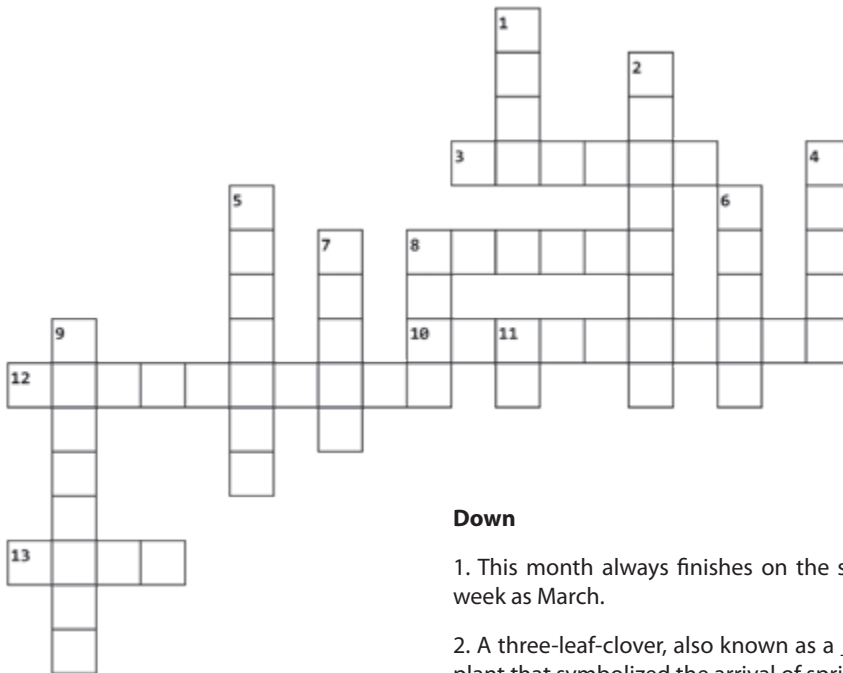
The 110th Guides got out camping early in the year with a tenting camp at Camp Jubilee in Cochrane at the end of September. We were lucky with a beautiful, sunny, warm weekend. It was the first time sleeping in a tent for many of the guides and they all did great! Overnight events are popular with this group, so we have a sleepover planned at Heritage Park and another weekend camping in tents in May.

The eleven first year guides were enrolled into our unit during a ceremony in November. For some of our other highlights, the Guides have enjoyed an after dark night hike at Big Hill Springs Provincial Park, a high school musical theatre performance, a public library scavenger hunt, and a Taylor Swift party. Our upcoming plans include some STEM (science, technology, engineering, math) activities using Let's Talk Science Canada programming, as well as some service projects. The unit will choose a service project to work on as a group and third year guides will organize a service project if they are working towards the Lady Baden Powell award. Our third-year guide is organizing the preparation of scent hearts for babies in the NICU.

We sold out of the 100 cases of mint Girl Guide cookies we ordered in the fall. Thank you to the many community members who support Guiding by buying our cookies!



March Crossword

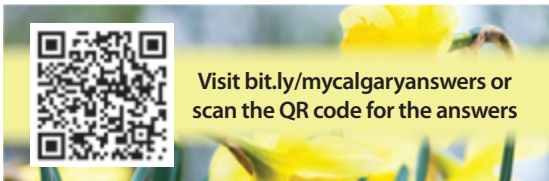


Across

3. The _____ Equinox is observed this year on March 19, and is one of only two moments in the year when day and night are almost equal in duration.
8. This Canadian pop sensation, Justin _____, was born on March 1, 1994, and turns 30 this year.
10. This mythical creature is often associated with St. Patrick's Day celebrations.
12. March Madness, an annual NCAA college tournament, is associated with this sport.
13. The _____ of March is well-known as the day Julius Caesar was assassinated.

Down

1. This month always finishes on the same day of the week as March.
2. A three-leaf-clover, also known as a _____, is a plant that symbolized the arrival of spring for the Celts.
4. International _____'s Day is annually celebrated on March 8, with this year's theme being "inspire inclusion."
5. Now known as X, this social media platform was first introduced on March 21, 2006, in San Francisco.
6. This novel, *Cloud* _____ by David Mitchell was released in March 2004 and subsequently made into a film starring Tom Hanks, Hugh Grant, and Halle Berry in 2012.
7. March was originally the first month in the ancient _____ calendar.
8. Alexander Graham _____ made the first telephone call on March 10, 1876.
9. This flower, which symbolizes new beginnings, is the official birth flower for March.
11. Rajveer Meena holds the record for reciting the most digits of this mathematical phenomenon at 70,000 digits.



Visit bit.ly/mycalgaryanswers or scan the QR code for the answers



Burns and Scalds

from Alberta Health Services

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 9-1-1.

Calling All Grant Writers and Volunteers!

Dear Neighbours,

It's hard to believe that we are already through February and into March. That means winter only has a couple more months left, and we'll be working on plans for springtime.

At Symons Valley Park, our board met in January and started developing our plans for the year. We are actively recruiting volunteers so that we can accomplish our plans, which includes fundraising, and a special outdoor event sometime in late summer. We will also be hosting our Annual General Meeting on May 28, and ask that you please mark your calendars to attend. The AGM serves as a pivotal moment in our organization's calendar, allowing us to reflect on our achievements over the past year and to outline our strategic direction for the future.

Our bylaws require us to have a certain number of attendees from the four communities of Symons Valley, so your support is needed on that night. We encourage all members/supporters to attend this important meeting and participate in the decision-making process. Your input and engagement are vital to the success and growth of our organization.

In addition to the AGM, we are also seeking talented individuals who are passionate about our cause to join our team as grant writers. Grant writers play a crucial role in securing funding opportunities that enable us to continue our work and expand our impact within the community. If you have experience in grant writing or a desire to learn and contribute your skills, we invite you to submit your application.

If you're ready to contribute your skills and time to our cause, we would love to hear from you! Please reach out to us through our website, www.symonsvalleypark.ca, Facebook page, or by email at hello@symonsvalleypark.ca, so that together, we can make a difference and create positive change in our community.

Sincerely,

Kris McPherson

President



Sage Hill / Nolan Hill Real Estate Update

Last 12 Months Sage Hill
MLS Real Estate Sale Price Stats

	Median Asking Price	Median Sold Price
January 2024	\$484,900	\$478,500
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

Last 12 Months Nolan Hill
MLS Real Estate Sale Price Stats

	Median Asking Price	Median Sold Price
January 2024	\$619,443	\$627,444
December 2023	\$599,900	\$575,000
November 2023	\$510,000	\$507,875
October 2023	\$554,950	\$559,319
September 2023	\$664,999	\$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

To view more detailed information that comprise the above
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World Optometry Day: The Vital Role Optometrists Play in Defending Us from the ‘Silent Thief of Sight’

by Dr. Clark Tardiff, Optometrist



March 23 is World Optometry Day, serving as a yearly reminder for Canadians to prioritize their eye health and celebrate the important role optometrists play in protecting our vision. This year, let us focus on how the ‘silent thief of sight,’ glaucoma, is impacting Canadians across the country and how optometrists support in the early detection and monitoring of the condition.

There are many different types of glaucoma, but all cause damage to the optic nerve. The optic nerve plays a critical role in sending images to our brain and without proper treatment and management of the disease, those impacted can experience irreversible vision loss.

Recent Specsavers surveys, conducted by Leger, show the majority of Canadians (71%) expect at least one early warning symptom of glaucoma. This is concerning as in its early stages the condition progresses without noticeable symptoms – hence the name “silent thief of vision.” Most don’t notice the symptoms until irreversible damage to vision has already occurred, and if early signs do occur, you may notice subtle changes in vision, such as blurriness, difficulty focusing, and light sensitivity.

Regular visits to an optometrist and early detection through 3D eye scans are crucial for treatment and

ongoing monitoring of glaucoma. A 3D eye scan – optical coherence tomography (OCT) – helps optometrists see what is going on beneath the surface of the eye, spot any abnormalities, and identify eye diseases in their earliest stages. The Canadian Association of Optometrists recommends that adults have their eyes tested every one to two years, or as advised by your eyecare professional.

Although the exact cause of glaucoma is unknown, certain risk factors may increase the likelihood of developing the condition, such as family history, increasing age, certain ethnicities, and ocular hypertension.

If you are diagnosed with glaucoma, your optometrist will work closely with you on monitoring and treatment, ensuring you receive personalized care in order to slow the progression and preserve your eyesight where possible.

As we recognize World Optometry Day, let us commit to prioritizing our eye health by visiting our optometrist for a comprehensive eye exam.

A banner for 'Soccer in the Community' featuring a soccer ball icon and a city skyline. The text 'Open to players ages 4-19' is prominently displayed. A logo for 'NORTHSIDE' is on the right. The website 'northsidesoccer.ca' is at the bottom.

A banner for 'Epilepsy Awareness Month' with a purple background. It includes a QR code, the text 'Share your purple moments using #postyourpurple', and a date stamp for 'MARCH 26 Purple Day'. The logo for the 'epilepsy association OF CALGARY' and the website 'epilepsycalgary.com' are also present.

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by the City of Calgary

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



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