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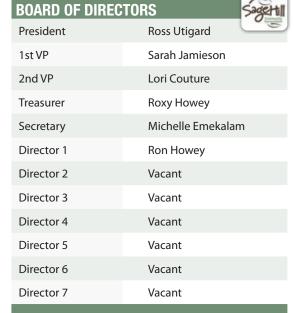


Visit sagehillyyc.com to purchase an annual Sage Hill community association membership for only \$25 so we can fund events in the community, as well as tackle community improvement projects.

Improvement Plans Are:

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







GAMES & PUZZLES Guess That Artist!

- 1. Born on May 11, 1904, in Spain, this artist is probably best known for their work titled "The Persistence of Memory".
- 2. This Italian artist is often called the founder of the High Renaissance, and identified as one of the greatest painters of Western art.
- 3. Born in 1853, this artist famously cut off his left ear.
- 4. This artist is one of the most famous American visual artists for his pop art pieces.
- 5. Based in England, this street artist and political activist is well known across North America, with one of their popular artworks titled "Balloon Girl".
- 6. This Spanish painter and sculptor is best known for his cubism and surrealism.







YOUR CITY OF CALGARY

PIP-PIP-HOORAY! Join the Partners in Planning (PIP) Program

by the City of Calgary

The Partners in Planning program offers an in-person opportunity to meet planners and learn how policies converge to guide The City's decisions and prepare for growth. Learn what planning and development policies and plans drive change in Calgary. Register for your spot at calgarycommunities.com/events.







May. 9th, 2024

Re: Notice of Sage Hill Community Association Annual General Meeting

Attention: Members of the Sage Hill Community Association

In accordance with our Bylaws, Notice is hereby given of the Sage Hill Community Association Annual General Meeting to be held via Microsoft Teams on Wednesday June. 26th, 2024 starting at 7:00pm and ending at 8:30pm.

Meeting ID: 934 673 183 056 38

Passcode: Wn29wk

Or Tap Link to join: https://teams.live.com/meet/93467318305638?p=cl1yiv3lWH59QOI4

Regards,

Ross Utigard

President Sage Hill Community Association

https://sagehillyyc.com president@sagehillyyc.com

Crossing Niagara

June 30, 1859, is a date to mark in your calendar and remember! It was on this day that Charles Blondin crossed Niagara Falls on a tightrope! This feat has since been replicated by many, with the most recent being Nik Wallenda on June 15, 2012.

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Preparing or Updating Your Will



Vilma Mydliar, LLB

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).

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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SHIBLEY

BARRISTERS, SOLICITORS & NOTARIES PUBLIC

Root Been

This classic beverage we all know, and love was invented in North America, and was traditionally made with sassafras root. You can find recipes for the drink in recipe books dating from as far back as the 1860s. This tasty drink's popularity skyrocketed during the prohibition and continues to be a popular choice today.



Isophit Strength Zone Nolan Hill is a licensed model that promotes small isometric strength training group classes using patented Isophit Strength Kits. 15 programs in total, each class program is 30 minutes long and consists of 30 isometric strength training exercises targeting the upper body, lower body, and core muscles.

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SAFE AND SOUND

Backyard Play Safety

by Alberta Health Services, EMS

Emergency Medical Services (EMS) would like to encourage parents and caregivers to ensure their backyard play areas are made safe for children this summer. Although direct supervision is the best method to reduce the chance of injury, always ensure play equipment in your yard is in good repair and is suited to the age and skill of the children using it. Check the equipment often; replace or repair any worn or broken parts. It's also advised to set up play equipment on top of a nine-inch layer of shock-absorbing material which extends six feet out in all directions from the play area.

Water Hazards

- Drowning contributes to unintentional injury-related death among children ages one to four.
- Children can drown in just a few centimetres of water if it covers their mouth and nose.
- Ensure all backyard swimming pools are fenced. The fence must be at least 1.8 metres high and have a self-latching, self-closing, lockable gate (*Alberta Building Code).

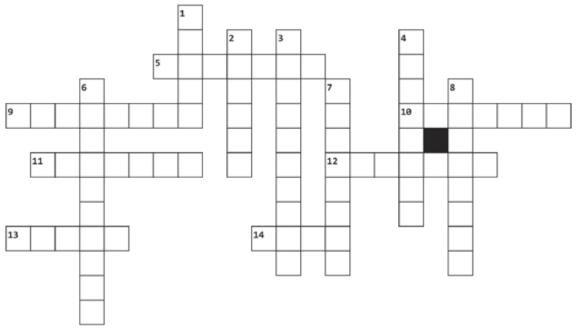
Lawn and Garden Tools

- Keep young children away from outdoor power equipment.
- Serious burns may result from touching hot engine surfaces.
- Ensure that all sharp tools, fuel, chemicals, and other hazardous substances are stored in a secure, locked area. A simple latch may not be sufficient.

Insect Bites and Stings

- Minimize the risk of attracting insects by not wearing strong perfumes or scented lotions.
- Avoid wearing brightly coloured clothing outdoors.
- Consider destroying or relocating hives and nests situated near your home.
- To avoid injury through inadvertently stepping on a stinging insect, always wear footwear outdoors.
- If your child has received an 'EpiPen, Junior' prescription from your physician (for anaphylactic reactions only) ensure they understand when and how to use it.
- If your child experiences a severe reaction to an insect sting, or other environmental cause, seek medical attention, or call 911.

June Crossword



Across

- 5. On June 21, 1957, Canada's Prime Minster Louis St. _____, who had the distinction of having the longest continuous term as prime minister, resigned.
- 9. This year's F1 Canadian Grand Prix in _____ will be held from June 6 to 10.
- 10. In history books, June 21, 1749, marks the date that , Nova Scotia was founded.
- 11. The _____ released their hit album "Sgt. Pepper's Lonely Hearts Club Band" in June of 1967.
- 12. In June 2003, J.K. _____ released *The Order of the Phoenix*, the fifth book of the Harry Potter series.
- 13. Interestingly, the most _____ Laureates are born in June.
- 14. June is named after which Roman goddess of marriage, childbirth, and love?



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

Down

- 1. June's birthstone, the ______, is the only stone that is made by a living sea creature.
- 2. On June 5, 1998, audiences were captivated by the release of "The ______ Show," featuring Jim Carrey in the lead role, portraying a man unwittingly thrust into the spotlight as the star of a live television program.
- 3. On June 21, Canada honours the contributions of First Nations, Inuit, and Métis peoples by celebrating National ______ Peoples Day.
- 4. The novel *Crazy Rich Asians*, released on June 11, 2013, later became a film starring Oscar-winning actress Yeoh.
- 6. June's full moon, known as the _____ Moon, will illuminate the sky on June 21 this year.
- 7. June 28, 1980, ______ entered Ontario as part of his incredible Marathon of Hope.
- 8. Founder of Tesla and SpaceX, _____, was born on June 28, 1971.

Anxious Attachment Style? Ten Ways to Show up More Secure in Your Romantic Relationships and Ten Ways You Can Help Your Partner to Feel More Secure

by Nancy Bergeron, R.Psych. | info@nancybergeron.ca



Showing up as secure in romantic relationships involves fostering trust, communication, and self-awareness.

- **1. Work on Yourself** Build your self-esteem and confidence. Know your worth and understand that you are deserving of love and respect.
- **2. Communicate Openly** Express your thoughts, feelings, and needs openly and honestly with your partner. Encourage them to do the same.
- **3. Trust** Trust yourself and trust your partner. Trust is the foundation of a healthy relationship. Avoid unnecessary jealousy and possessiveness. Unless they truly show you otherwise, then trust your gut.
- **4. Set Boundaries** Establish clear boundaries and respect each other's boundaries. Boundaries help maintain a sense of safety and autonomy within the relationship.

- **5. Be Supportive** Offer support and encouragement to your partner. Show empathy and understanding towards their experiences and emotions.
- **6. Maintain Independence** While it's important to be close to your partner, maintain your independence and individual interests. This helps prevent co-dependency and maintains a healthy balance in the relationship. This also helps you show up as a whole person.
- **7. Address Insecurities** Recognize and address your own insecurities. They can self-sabotage good relationships. Seek therapy or counselling if necessary to work through deeper issues. Do the personal work, you won't regret it.
- **8. Practice Self-Care** Take care of yourself physically, emotionally, and mentally. Prioritize activities and habits that promote your wellbeing. Your partner will support you in this if they too are healthy.
- **9. Focus on the Present** Avoid dwelling on past relationship traumas or projecting future fears onto your current relationship. Stay present and focus on building a positive connection with your partner. Take the time to get to know the new person in your life before making big changes and decisions with them.
- **10. Seek Growth Together** Continuously work on personal growth and relationship skills together. Attend couples therapy or workshops to strengthen your bond and deepen your understanding of each other. A partner who is open to their own growth and self-awareness is a green flag.

The following are tips to help your anxious partner to feel more secure:

- **1. Communication** Keep open and honest communication about your feelings, plans, and concerns.
- **2. Reassurance** Offer regular affirmations of your love, commitment, and support.
- **3. Trust** Build and maintain trust by being reliable, dependable, and transparent. This allows space for both of you to share and explore your vulnerabilities.
- **4. Empathy** Listen actively (listen to understand, not defend) and empathize with your partner's emotions and experiences.

- **5. Boundaries** Respect your partner's boundaries and communicate your own clearly.
- **6. Quality Time** Spend meaningful time together, creating positive experiences and memories.
- **7. Appreciation** Show appreciation for your partner's efforts, qualities, and contributions.
- **8. Consistency** Be consistent in your actions and behaviours to foster a sense of security and stability.
- **9. Problem Solving** Work together to address any concerns or challenges that arise in the relationship. A relationship is not one sided.
- **10. Self-Care** Take care of yourself mentally, emotionally, and physically. Your own well-being contributes to the overall health of the relationship.

Book Suggestions:

- The Power of Attachment Diane Poole Heller
- You are the One You've Been Waiting For Richard C. Schwartz
- Attached A. Levine & S. Heller

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Don't Forget! Property Tax is Due Friday, June 28

Your property tax must be paid by Friday, June 28 to avoid late payment penalties. The City's Tax Instalment Payment Plan (TIPP) is the most popular payment method. You pay the same amount as your annual property tax bill, 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. There is no filing fee or initial payment required.

The easiest and fastest way to join TIPP is using TIPP Online. It's easy, safe, and secure. Through TIPP online, your customized agreement will be processed automatically. Once you submit, you will receive an email confirming your enrolment. To access TIPP Online, go to calgary.ca/TIPP and click on the Join TIPP box.

You can also request a TIPP agreement by calling 3-1-1. If you're already on TIPP, you can visit calgary.ca/TIPP to learn how your monthly TIPP instalments are calculated and adjusted.

Celebrate Neighbour Day, June 15, 2024

Neighbour Day is our annual celebration of community. It's how we create welcoming and inclusive communities where neighbours form lasting connections. Get involved this year by joining your neighbours for a block party or community event. There will be lots to do across the city on June 15, so stay tuned! Calgary Public Library is hosting Indigenous programming at select locations, while Sport Calgary's "All Sport One Day" will offer children a free opportunity to try out a new sport.

Good things happen when you get to know your neighbours. You can visit calgary.ca/NeighbourDay to learn more.

As always, my office is open if you have any questions or concerns. You can reach us at Ward2@calgary.ca.

I look forward to hearing from you soon.



MP Calgary Rocky Ridge
Pat Kelly

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

८ 403-282-7980 **■** 403-282-3587

→ pat.kelly@parl.gc.ca

I have been busy in Ottawa holding the government to account for its actions.

This year, the carbon tax went up 23% despite an affordability crisis and persistent inflation. This is the next step in the NDP-Liberal government's plan to quadruple the carbon tax over the next six years, making everything more expensive for everyone.

In April, the Liberals released the 2024 budget. It includes nearly \$40 billion in new inflationary spending. Canada will now spend \$54.1 billion to service its debt, which is more money than the federal health care transfer. Struggling families can't afford higher taxes and more inflationary spending that drives up the cost of everything and keeps interest rates high. That is why Conservative leader Pierre Poilievre sent a letter to Justin Trudeau with three demands to fix the budget:

- 1. Axe the tax on farmers and food by immediately passing Bill C-234 in its original form.
- 2. Build the homes, not bureaucracy, by requiring cities to permit 15% more home building each year as a condition for receiving federal infrastructure money.
- 3. Cap the spending with a dollar-for-dollar rule to bring down interest rates and inflation. The government must find a dollar in savings for every new dollar of spending.

The current budget does not meet any of these conditions, therefore my colleagues and I will vote against it and vote non-confidence in the government.

Feedback from Calgarians is very important to me and informs the work I do on your behalf in Ottawa. If you would like to share your thoughts with me on national issues, please feel welcome to contact me through my Calgary office.

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



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