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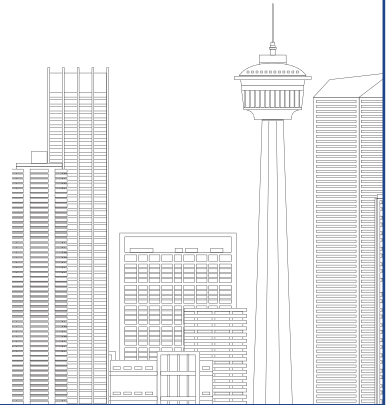
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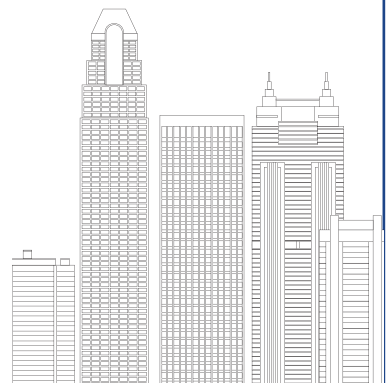
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SCAN HERE TO VIEW ADDITIONAL CONTENT: NEWS, EVENTS, CRIME STATS, REAL ESTATE STATS, & MORE

NOLAN HILL



SAGE HILL

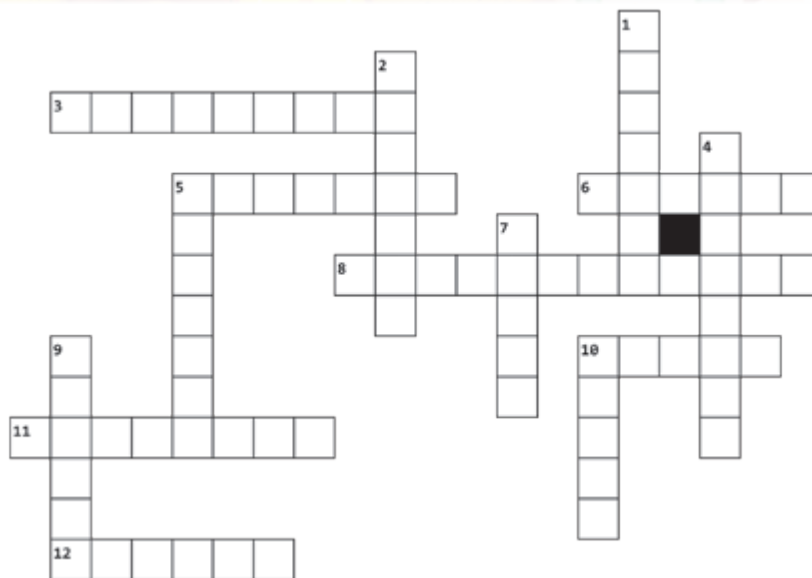


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April Crossword



Across

3. Simon & Schuster released the first-ever _____ puzzle book on April 18, 1924, delighting word game enthusiasts around the world.
5. On April 1, 1919, the Stanley Cup Final between the Montreal Canadiens and the Seattle Metropolitans was cancelled due to the _____ flu pandemic.
6. On April 30, 1952, Mr. _____ Head became the first toy ever to be advertised on television.
8. Terry Fox started his Marathon of Hope on April 12, 1980, in St. John's, _____.
10. This meteor shower takes place in April every year.
11. ABBA won the 1974 Eurovision Song Contest with their song _____ on April 6.
12. This space telescope was first deployed into orbit by the space shuttle Discovery on April 25, 1990.

Down

1. April's birthstone is the _____, a popular choice for engagement rings.
2. Stanley Kubrick's sci-fi adventure film, *2001: A Space _____*, premiered in April 1968.
4. The Royal _____ Air Force was officially established on April 1, 1924.
5. _____ *Island* by Dennis Lehane was first published on April 15, 2003, and later became a film starring Leonardo DiCaprio and Mark Ruffalo.
7. Comedian and actor Seth _____ was born on April 15, 1982, in Vancouver, BC.
9. The World _____ Organization was established by the United Nations on April 7, 1948.
10. On April 16, 2018, Kendrick _____ won the Pulitzer Prize for Music, becoming the first rapper to do so.



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

PRESIDENT'S MESSAGE

Hello Sage Hillians,

And we're off and running! Your SHCA board had their first meeting, and we covered a lot of ground and have plenty to do in the near future. As we move forward, we ask for your patience as it is a new chapter and beginning for some of us and it will be a while before we get settled in with a routine that can be replicated every year.

Our goal this year is to get our legal requirements in place, hold our AGM, get new Directors, the more the merrier, meet our representatives from the City of Calgary, and ensure our website/media presence is up to date. Short of all this, we will look at what type of social events to hold and rely on you, the community, to tell us what you would like to see happen in our lovely neighbourhood. The SHCA board has already come up with some ideas and we will share them in the near future. For the time being, Blizzards Soccer is up and running, and Sportball will be available in our community as well. We have already had some people stick their hands up to help out and, of course, we have to thank Isaac Wing, a man on a mission. Isaac is the gentleman who has been filling the winter adopt-a-rink located at Liam Field Park - off Sage Valley Drive and Sage Valley Road. He is the reason you've been able to take your kids or self to get a little ice time. Thank you, Isaac.

Big news for all! Memberships are free! At our first meeting, we decided unanimously to make memberships free. We decided it is more important to get as many people signed up and involved in our community than to charge a fee and make a little money. In fact, the more memberships, the greater the chance to have community involvement, volunteers, new board members, grants, donations, events, etc. We all know that COVID had a crippling effect on everyone and the SHCA was no different. Paid memberships dropped to an all time low, and it still stands as such. Our goal is to reignite the passion of getting together with fellow community members. We want to bring all types of events like food trucks, movie nights, community cleanups, adults' nights, the sky is the limit. Are we excited? Yes! Do we have big dreams? Yes! Do we need your participation? Absolutely! So, without further ado, please go to sagehillcyc.com and register under 'Members'.

AGM - June 10 at 7:00 pm

Another big announcement is that this will be our first AGM with the team of Directors we have and we're really

hoping that you will attend and possibly even sign-up to become a Director or volunteer. As we get closer to the date, more information will be made available. I want to thank you all for your patience and personally let you know, as a Sage Hillian since 2008, that I'm here for you - we are here for you - and we want to make this community as lively and vibrant as possible.

Regards,

Ron Howey

President, Sage Hill Community Association

Website: <https://sagehillcyc.com>

Email: info@sagehillcyc.com; president@sagehill.com



Say Cheese! It's Grilled Cheese Month!



April is celebrated as Grilled Cheese Month, a perfect time to indulge in a gooey and perfectly toasted sandwich. Why not honour this tasty tradition with your favourite cheesy creation all month long?



Symons Valley Leisure and Amenities Society

Dear Neighbours,

Spring has arrived, and the time to get outside to enjoy our community is right around the corner. We are working hard to build a destination that our residents can enjoy; a place where everyone has fair access to amenities and community connections. We can't do it alone though. Our AGM is coming up in May, and we invite all community members to attend! This is your opportunity to hear updates on our outdoor recreation project, share your thoughts, and participate in important decisions for the future of our society.

Open Board Positions – Get Involved!

We are looking for passionate community members to join our board! Serving on the board is a great way to contribute to the development of our recreational space and make a lasting impact.

Available positions include:

- Fund Development Director
- Project Development Director
- Director(s) at Large

If you are interested in learning more or applying, please reach out to us at hello@symonsvalleypark.ca.

Discover More About Our Exciting Project!

We are slowly making progress on the development of our outdoor recreational space, which will feature playgrounds, BBQ pits, tennis courts, a hockey rink, and an amphitheatre. Stay up to date and get involved by scanning the QR code below!



Thank you for taking an interest in our volunteer-led project. We can't wait to see you outside!

Sincerely,

Kris McPherson

President

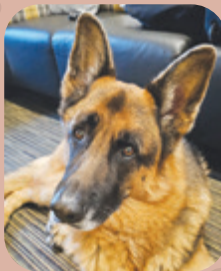
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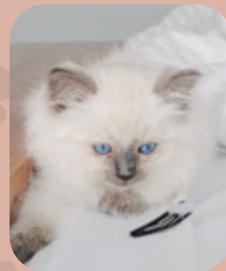
Chestnut,
Canyon Meadows



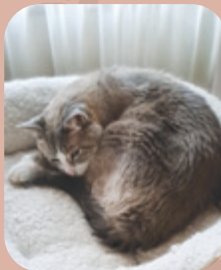
Clifford, Patterson



Essex, Bridlewood



Harry, Rosscarrock



Max, Woodlands



Peanut, Signal Hill



Roxy, Woodlands



Tony, Quarry Park

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Overcoming Dating Anxiety

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

Dating anxiety is common, but you can manage it with the right mindset and strategies. Here are some suggestions to get you started:

1. Shift Your Mindset

Lowering the pressure or expectations. Treat dates as casual meetups instead of stressful interviews.

Reframe any rejections. Not every match works out, and that is normal. See each time as a learning experience.

Focus on the enjoyment of the date. Instead of trying to impress your date, focus more on whether you are enjoying their company.

2. Prepare and Practice

Start small. Get comfortable with social interactions by practicing with friend or in low pressure environments.

Plan ahead. Choose a familiar setting for the date to feel more at ease.

Have conversation starters. Think of a few topics in advance to avoid awkward silences.

3. Manage Anxiety in the Moment

Breathe deeply. Try slow breathing exercises.

Use grounding techniques. Focus on your senses - what you see, hear, feel to stay present.

Accept your nervousness. It's normal. A little anxiety can make you appear more engaged and authentic.

4. Build Confidence Overtime

Expose yourself gradually. The more you date, the more natural it will feel.

Positive self-talk. Remind yourself of your strengths and why you are a great person to date.

Don't overanalyze. Avoid replaying the date in your head. Just move forward.

5. Seek Support if Needed

Talk to friends. They can offer their encouragement and a different perspective.



Consider therapy. If your anxiety is overwhelming, a therapist can help with confidence building strategies.

6. Confidence Tips

Before the Date: Dress in a way that makes you feel good and comfortable. Listen to music that pumps you up. Visualize the date being successful. Remind yourself why you are going to be a great date.

During the Date: Open body language by maintaining good posture, an open smile, and making eye contact. Try to slow your speech, reminding yourself that it's okay to pause and breathe. Focus on the other person as it helps keep away self-consciousness. Laugh off any mistakes you make. Humility is actually attractive.

After the Date: Don't overanalyze the date in your head. It is what it is, they either like you or they don't. It's a two-way street...you're evaluating them as well. Celebrate that you took a chance even if the date wasn't perfect. You break your anxiety cycle by facing your fears and learning as you go!

Practice makes each attempt easier and builds confidence. Get out there and have some fun.

Celebrating Calgary 150 - Treaty 7 and Cow Town

by Anthony Imbrogno (*The Calgary Heritage Initiative Society/Heritage Inspires YYC*)

The NWMP arrived in 1874. Colonel Macleod met with Chief Crowfoot, who wanted respect for Blackfoot rights and encouraged friendly relations with the newcomers.

Conflict in America and the planned trans-continental railway led Canadian authorities to offer treaty negotiations with Indigenous peoples. The negotiations took place at Blackfoot Crossing, a traditional gathering place near Cluny, AB.

Crowfoot delivered an account of the talks to the other Chiefs. Land for settlement was exchanged for Indigenous land rights as well as farming support, food, and annuities. The Treaty was signed on September 22, 1877.

Increasing settlement and the buffalo's near extinction upended the Treaty. As well, property was not part of Indigenous tradition, and the location and size of reserves was not clarified.

The end of the buffalo meant Indigenous peoples arrived on their reserves in need of food and shelter. The winter of 1883 to 1884 is known as the Starvation Winter. Government bureaucrats worsened the situation by restricting movements and limiting agricultural support.

Louis Riel returned from America to again argue for Indigenous rights. In 1885 at Batoche, SK, he established a provisional government. Shots were fired and the police retreated. Some Cree in Alberta took up the cause at Frog Lake, but Crowfoot would not side with Riel. Troops were ordered to Saskatchewan via the newly constructed railway. At the Battle of Batoche, the North-West Resistance ended, and Riel was tried and executed.

With the railway completed in 1885, Calgary was connected to the world. One result was more homesteading. American John Ware, a former slave, arrived and developed a reputation as a skilled and daring cowboy. Along Fish Creek, John Glenn's irrigation system powered Samuel Shaw's woollen mill.

Calgary was incorporated as a town in 1884. Surveyor William Pearce set aside St. George's and St. Patrick's

Islands as parkland. James Walker, owner of Bow River Sawmill, expanded the fort. He was the first Board of Trade president and petitioned for a school district. In 1975 he was named Citizen of the Century.

With Cow Town firmly established, the next decade would shape the city you're probably most familiar with today.

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<https://digitalcollections.ucalgary.ca/asset-management/2R3BF1OY2G50?WS=SearchResults>. "Blackfoot crossing, Bow River, Alberta," 1882, (CU181390) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary.



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<https://digitalcollections.ucalgary.ca/asset-management/2R3BF1OM09J6?WS=SearchResults>. "Colonel James Walker's sawmill, Calgary, Alberta," [ca. 1880-1883], (CU182558) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary.

Getting Your Gut on Track

by Alberta Health Services

You may have heard of the gut microbiome – it's the community of microbes (example: bacteria) that live in your colon (or gut) that influences your health.

It's an exciting area of nutrition research because what you eat and drink can affect the health of your gut and the microbiome. This can affect your risk of chronic diseases like obesity, heart disease, and even certain cancers.

There are many foods that support a healthy gut microbiome which is linked to better overall mental and physical health.

Whole Plant Foods

It's recommended that whole plant foods make up the majority of what you eat. Whole plant foods are vegetables, fruits, whole grains, beans, legumes, and nuts that have undergone limited processing. These foods have fibres that feed your gut microbes. For example, whole grains have benefits for metabolism and immunity. Gut microbes feast on parts of the bran layer in whole grains, which has an anti-inflammatory effect. This is important as many chronic diseases are linked to inflammation.

Having a variety of whole plant foods has been shown to help improve feeling of fullness and can help your body to be more sensitive to the insulin, which regulates blood sugar in your body. Choose a variety of plant foods.

As many Canadians struggle with getting enough whole grains, where possible look for opportunities to replace refined grains with whole grain options.

Protein Foods

The protein foods to support gut health are plant-based protein foods and fatty fish. Examples of plant-based protein foods are kidney beans, chickpeas and lentils, nuts like walnuts or almonds, and fatty fish like Arctic char, mackerel, herring, salmon, sardines, and trout.

Beans and nuts contain fibre and phytochemicals (plant chemicals) which can help to increase the helpful gut microbes. Fatty fish has omega-3 fatty acids which help lower inflammation.

Low Fat and Fermented Dairy Products

Fermented dairy foods that have live bacteria (like kefir and yogurt) can increase the good bacteria in the gut microbiome.

Look for milk, yogurt, and kefir with little or no added sugar and lower milk fat (M.F.). Lower fat dairy (2% M.F. or less) is recommended over higher fat dairy foods like cheese because they are lower in saturated fat.

Saturated fat is linked to inflammation.

What to Limit or Avoid

Red Meat: Small amounts of lean red meat can be included in a healthy eating pattern, as red meat has many nutrients including protein. It is recommended to be included in smaller amounts because it can contribute to inflammation.

Processed meat: Avoid or minimize them because the curing agents in processed meats contribute to cancer forming compounds when they are digested by gut microbes.

Try Mediterranean Style Eating!

The Mediterranean style of eating has been shown to help support a healthy gut microbiome. It includes lots of vegetables, fruits, beans, peas, lentils, fish, nuts, and olive oil. There is some research that it can help support brain function and it can also reduce inflammation as well as frailty in older adults.

If you are looking for practical ways to eat in a way to support a healthy gut microbiome, visit ahs.ca/nutritionhandouts and search for Mediterranean Style of Eating.



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Word of the Month



Ebullient: adjective
(ih-buhl-yuhnt)

**Liveliness, enthusiasm,
overflowing with
excitement.**

**He was in quite
an ebullient mood.**

BRAIN
GAMES

SUDOKU

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SCAN THE QR CODE
FOR THE SOLUTION



GAMES & PUZZLES

Guess the Flower!

1. This flower's colour depends on the acidity of the soil.
2. Named after the Greek messenger of the gods, this flower comes in nearly all colours of the rainbow except red.
3. Despite misconceptions, this spring-blooming bulbous plant is not officially the Dutch national flower.
4. This prickly pink plant became Alberta's floral emblem in 1930.
5. The national flower of South Africa belongs to one of the oldest families of flowering plants on Earth – approximately 300 million years!
6. This flower's Greek name, Galanthus, translates to "milk flower".



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