

FEBRUARY 2025

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THE OFFICIAL SAGE HILL COMMUNITY NEWSLETTER



## YYC West Runway Rehabilitation community information sessions

*Session d'information publique :  
Réhabilitation de la piste ouest de YYC*

**\*Find our ad with the information session dates inside this magazine**

*\*Retrouvez notre annonce avec les dates des sessions d'information à l'intérieur de ce magazine*

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## The Great Joni Mitchell

Canada's Juno Hall of Fame features many incredible artists from over the years. A very special addition was made on February 5, 1981, when Alberta-born singer-songwriter and multi-instrumentalist Joni Mitchell joined those honoured. Way to go, Joni! She really couldn't be any cooler.



### YYC West Runway Rehabilitation community information sessions

*Session d'information publique :  
Réhabilitation de la piste ouest de YYC*

**February 18, 6 - 8 p.m.**

18 Février de 18:00 à 20:00

Crossroads Community Association (1803 14 Ave NE)

**February 19, 6 - 8 p.m.**

19 Février de 18:00 à 20:00

Vivo for Healthier Generations (11950 Country Village Link NE)

**February 20, 6 - 8 p.m.**

20 Février de 18:00 à 20:00

Vivo for Healthier Generations (11950 Country Village Link NE)

**February 25, 6 - 8 p.m.**

25 Février de 18:00 à 20:00

Genesis Centre (7555 Falconridge Blvd NE)

**February 26, 6 - 8 p.m.**

26 Février de 18:00 à 20:00

Genesis Place (800 East Lake Blvd NE, Airdrie, AB)

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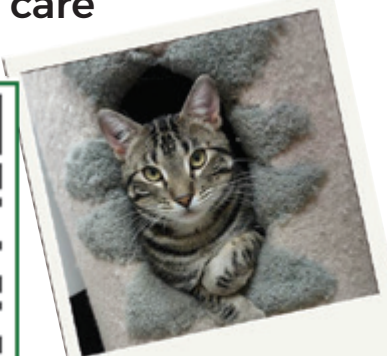
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NOLAN HILL



SAGE HILL



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## Winter Salad with Green Dressing

by Jennifer Puri



Cranberries are rarely eaten raw due to their acidic and sour taste. They are typically consumed dried, in a juice, sauce, or as supplements. Dried cranberries are typically sweetened with sugar or a sugar alternative.

Related to blueberries, bilberries, and lingonberries, cranberries are a rich source of plant compounds and antioxidants which include flavonoids and polyphenols. These help in keeping blood vessels healthy and cranberries' vitamin C and calcium content assist in maintaining strong bones.

There are a multitude of ways to enjoy cranberries as they can be added to muffins, tarts, breads, stuffing, smoothies, spritzers, sangria, or a salad as shown in the winter salad with green dressing recipe below.

**Prep Time:** 25 minutes

**Cook Time:** 35 minutes

**Servings:** 4

### Ingredients:

- 1 small butternut squash
- 2 tbsp. olive oil
- 1 tsp. coarsely ground salt
- 1 tsp. coarsely ground black pepper
- 1 small can sliced pears or peaches, drained
- 1 small can beets drained, rinsed, and cut in halves
- 6 cups arugula or baby spinach leaves
- 1 cup chopped walnuts
- ½ cup dried cranberries

### Dressing:

- 2 garlic cloves, chopped
- 3 green onions, sliced
- 1 cup Greek yoghurt
- 1 cup of fresh coriander and parsley leaves
- 2 tbsp. honey
- 2 tbsp. mayonnaise
- Juice of half a lemon
- 2 tsp. olive oil
- ½ tsp. coarsely ground black pepper
- ¾ tsp. salt or to taste

### Directions:

- Preheat oven to 375 degrees Fahrenheit.
- Slice butternut squash into 1-inch-thick pieces and remove seeds, pith, and skin.
- Place squash pieces in a bowl and toss with olive oil, salt, and pepper.
- Line a baking tray with foil and place the squash pieces on it. Bake on middle rack of oven for approximately 30 minutes or until tender. Allow to cool and then cut into bite size pieces.
- In a blender place the garlic, green onion, yoghurt, honey, mayonnaise, parsley, coriander, lemon juice, salt, and pepper. Pulse until smooth and then slowly add the olive oil and pulse for a few more seconds.
- Place arugula or spinach leaves in a large salad bowl. Arrange the squash pieces, beets, pear or peach slices around the edges of the bowl and the walnuts and cranberries in the center.
- Serve with green dressing and crusty, sourdough, or ciabatta bread.

Bon Appétit!

# The Little Month



We all know February is the shortest month of the year, but did you know the Welsh have a cute nickname for the month. The Welsh call February “y mis bach,” which means “the little month”.



**Girl Guides**

Everything she wants to be.

**AURORA SKY DISTRICT**

(Aurora Sky District includes the following communities: Edgemont, Evanston, Glacier Ridge, Hamptons, Hidden Valley, Hanson Ranch, Kincora, Nolan Hill, Sherwood, and Sage Hill)

The 85 Embers have had a great start to our year. We are a unit of twelve Embers (girls ages 7 to 8 years). In October we had a sleepover, a first for many of them, sleeping away from home. The theme was “Animals”, which included decorating and assembling butterfly houses, and building bear dens out of graham crackers and teddy grahams.



Other highlights this fall included learning about money – how much do grocery items actually cost for your favourite recipe at Evanston Sobeys. Girls also had the chance to scan their items through and take turns as cashier/shopper/packer. They really seemed to enjoy the role playing. Then the next week we had a very successful auction where donated items from our families (books, toys) were auctioned off. Each girl only had \$10 to spend, so many hard decisions had to be made. Our auctioneer (Guider Heather) was fantastic – she had experience going to many cattle auctions from when she was a kid growing up on the family farm.

In January, we will be doing a day event at the Calgary Gymnastics Centre – the option they overwhelmingly ended up voting for (other options included Telus Spark, Bow Habitat Fish Station, and the Zoo). Should be a great way for them to earn their My Physical Self badge. We are also hoping to do a ‘behind the scenes’ tour of Evanston Sobeys. As well we are planning a visit or two to a local Seniors home to play games with the Seniors. And we have a spring camp planned at Camp Jubilee in Cochrane. It is shaping up to be a great year.

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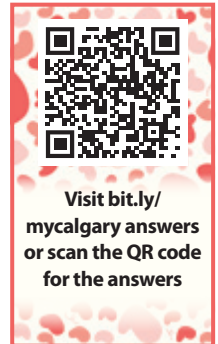
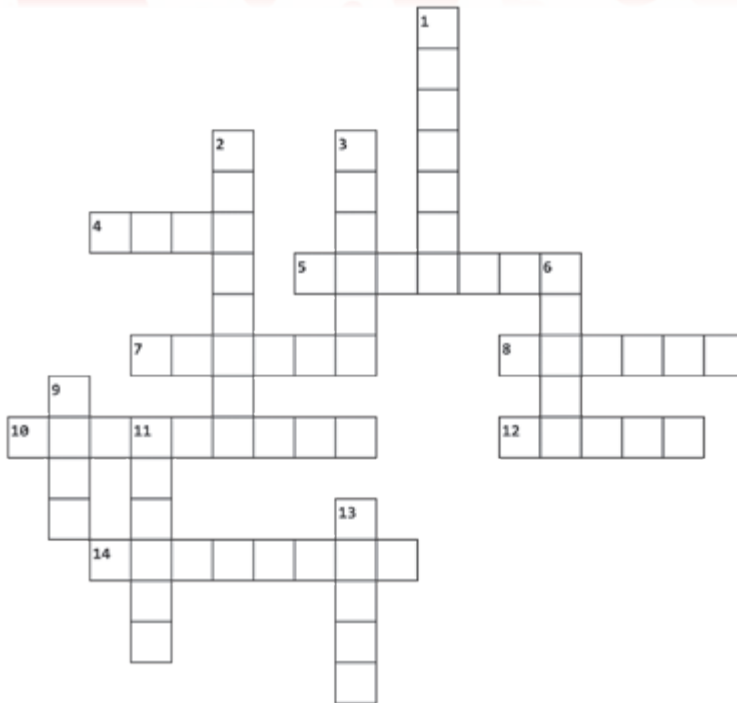


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# February Crossword



## Across

4. Canadian filmmaker, Denis Villeneuve's sci-fi adventure film \_\_\_\_\_: *Part Two* first premiered in February 2024.
5. Fleetwood Mac's best-selling album, \_\_\_\_\_, was released on February 4, 1977, featuring songs such as "Dreams" and "Go Your Own Way".
7. Born on February 1, 1994, England-born pop sensation, Harry \_\_\_\_\_ rose to fame as part of a boy band before going off on his own.
8. On February 21, 1948, the National Association for Stock Car Auto Racing, best-known as \_\_\_\_\_, was founded.
10. Something that is typically given to a significant other or friend(s) during the month of February.
12. February is National \_\_\_\_\_ Month, highlighting the importance of cardiovascular health.
14. Singer-songwriter and multi-instrumentalist, Joni \_\_\_\_\_, was inducted into Canada's Juno Hall of Fame on February 5, 1981.

## Down

1. In February of 1917, this famous Spanish artist, best known for Cubism made his first trip to Italy.
2. February's purple birthstone, the \_\_\_\_\_ is believed to be a symbol of protection.
3. The Grammy Award-winning song "No \_\_\_\_\_" by TLC was released on February 2, 1999.
6. 2025's Chinese Zodiac is this slippery, slithery creature.
9. Angie Thomas' young adult bestseller, *The \_\_\_\_\_ U Give* was originally published on February 28, 2017.
11. Canadian actor, \_\_\_\_\_ Page, was born on February 21, 1987, in Halifax, Nova Scotia.
13. \_\_\_\_\_ History Month was made official by U.S. President Gerald Ford in 1976 and is observed every February.







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02601	Panoramic X-Ray	\$106.61	<b>\$106.61</b>
11113	3 Units Scaling	\$250.53	<b>\$250.53</b>
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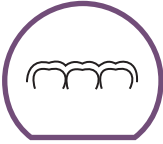
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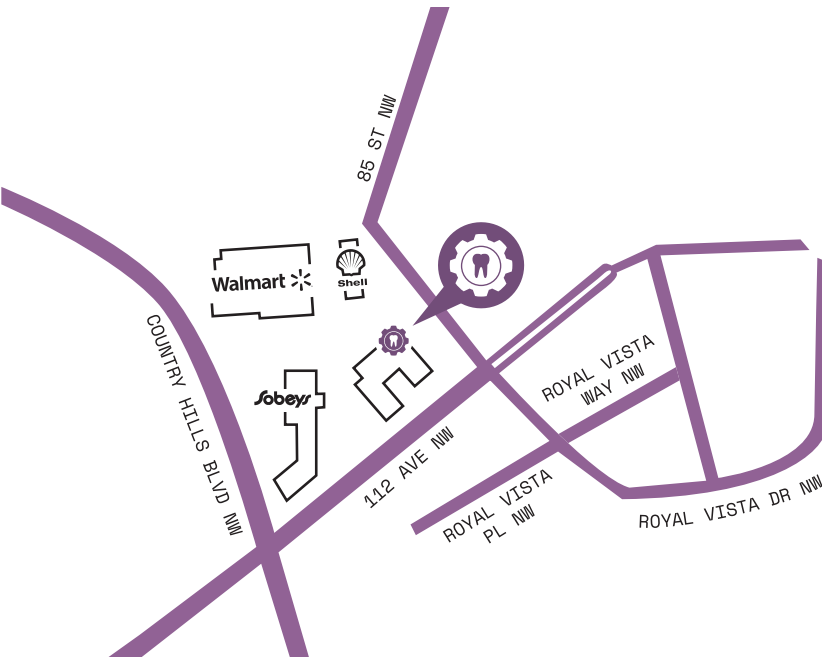


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# A New Year, A New Opportunity to Build Together

Dear Symons Valley Neighbours,

As we welcome a new year, we reflect on the incredible progress we've made together and look forward to the exciting possibilities ahead. At Symons Valley Leisure and Amenities Society (SVLAS), our mission is to provide social and recreational amenities, and promote social and recreational activities, to members of the four communities in the Symons Valley residential area of NW Calgary: Nolan Hill, Sage Hill, Kincora, and Sherwood.

This year, we continue to work on our ambitious project that has the power to transform lives: the creation of Symons Valley Park. This amenity will serve as a cornerstone for our neighbourhood, bringing the community together, all while providing the much-needed amenities that our residents deserve.

### Why This Matters

Every great accomplishment starts with a dream—and we dream of a community hub, a recreation destination, to be a reliable place for enhancing the health and well-being of area residents.

### Our Goal for 2025

To bring the first part of our vision to life, we need to raise \$250,000. This will cover the engineering, project management, permitting, and earthworks on our site. We've been working so hard, but there's still a way to go. We'd be lucky to have you as a partner on this project.

### How You Can Help

**Donate:** Every dollar brings us closer to making this dream a reality. You can make a secure donation and find a link to donate at [www.symonsvalleypark.ca/donate](http://www.symonsvalleypark.ca/donate).

**Spread the Word:** Share our mission with your family and friends. The more people who know, the stronger our impact.

**Volunteer:** Join us in making this vision come to life! Sign up to volunteer at [hello@symonsvalleypark.ca](mailto:hello@symonsvalleypark.ca).

### Together, We Can Build a Better Future

The beginning of a new year reminds us of the power of hope and community. By coming together, we can turn this vision into a space that benefits our community for generations to come.

### Want to Learn More?

Visit our website today at [www.symonsvalleypark.ca](http://www.symonsvalleypark.ca) and see what we're so excited about. Help us build Symons Valley Park, a destination for you to Play; Connect; Unwind.

Let's make this a year to remember,

*Kris McPherson*

President, Symons Valley Leisure and Amenities Society



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# Sage Hill/Nolan Hill Real Estate Update

Last 12 Months Sage Hill  
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
December 2024	\$419,900	\$422,877
November 2024	\$569,450	\$565,000
October 2024	\$474,888	\$476,500
September 2024	\$454,950	\$454,950
August 2024	\$370,000	\$369,000
July 2024	\$376,700	\$377,500
June 2024	\$399,000	\$401,000
May 2024	\$414,950	\$417,500
April 2024	\$375,450	\$387,500
March 2024	\$383,900	\$389,900
February 2024	\$424,900	\$424,900
January 2024	\$484,900	\$478,500

Last 12 Months Nolan Hill  
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
December 2024	\$676,500	\$668,750
November 2024	\$499,900	\$495,000
October 2024	\$599,900	\$594,000
September 2024	\$660,000	\$658,500
August 2024	\$699,900	\$705,000
July 2024	\$739,900	\$720,000
June 2024	\$592,400	\$602,500
May 2024	\$621,450	\$642,500
April 2024	\$649,500	\$661,000
March 2024	\$614,950	\$647,600
February 2024	\$567,450	\$572,625
January 2024	\$619,443	\$627,444

To view more detailed information that comprise the above  
MLS averages please visit [sgh.mycalgary.com](https://sgh.mycalgary.com) or  
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# 50 WORDS

Most people are familiar with the imaginative children’s author Dr. Seuss, but did you know that one of his popular stories, *Green Eggs and Ham* actually came from a bet! Dr. Seuss was challenged that he wouldn’t be able to write a good book for kids using only 50 different words... guess he proved them wrong!

# How to Know if You Are Ready For Couples Therapy or Not

by Nancy Bergeron, R.Psych. | [info@nancybergeron.ca](mailto:info@nancybergeron.ca)



There are many approaches to couples therapy such as Gottman Method, Emotionally Focused Therapy, and IMAGO to name a few. The decision to seek couples therapy requires evaluating your relationship and your willingness to work through challenges. The following are some key signs that you may be ready:

- 1. Communication Issues** – Do you struggle to express your feelings without arguing or shutting down? Are there unresolved conflicts that keep resurfacing?
- 2. Feeling Disconnected** – Has the emotional or physical intimacy in the relationship declined? Do you feel like roommates rather than partners?
- 3. Recurring Problems** – Are you stuck in repetitive arguments or unhealthy patterns? Have individual efforts to fix these issues failed?
- 4. Life Changes or Stressors** – Have recent events (moving, new baby or job) put a strain on your relationship?
- 5. Trust Issues** – Has there been a betrayal such as an infidelity or broken promises? Are you struggling to rebuild trust?
- 6. Desire to Improve** – Are you both willing to put in the effort to strengthen the relationship? Do you believe the relationship has potential for growth?
- 7. Mutual Commitment** – Are you both open to exploring therapy, even if one of you is more hesitant at first?
- 8. Individual Challenges Impacting the Relationship** – Are personal issues such as stress, trauma, or mental health affecting how to connect with each other?

If you relate to some of the above, couples therapy could be beneficial. Even if you're unsure, seeking therapy to explore some of these concerns and set goals can be a proactive step.

The following are some signs that couples therapy could be unproductive or even counter-productive:

- 1. Lack of Commitment to Change** – One or both of you are not genuinely willing to work on the relationship. Going to therapy just to 'check the box' or appease the other.
- 2. Blaming Without Accountability** – If either of you is solely focused on blaming the other without reflecting on your own role in the relationship's challenges.
- 3. Unwillingness to Communicate Honestly** – If either of you are unwilling to be vulnerable, open, and honest, your therapist won't have a full picture to be able to help you.
- 4. Hidden Agendas** – If therapy is being used as a way to justify leaving the relationship rather than to repair it, the process won't be effective.
- 5. One of You is Being Forced into Therapy** – If one of you does not want to attend or doesn't believe in the process, lack of engagement can hinder the process.
- 6. Ongoing Abuse** – Couples therapy is not the right setting to address physical, emotional, or verbal abuse. These situations require specialized interventions to ensure safety and require individual therapeutic attention.
- 7. Unresolved Individual Issues** – If personal issues such as active addiction or untreated mental health conditions are dominating the relationship dynamics, individual therapy is a better starting point before engaging couples therapy.
- 8. Timing is Off** – If there are active external factors like intense work stress, a recent traumatic event, or other life circumstances, it will leave little energy or focus for therapy. It may be better to wait.
- 9. Desire for Separation** – If one of you has already decided to end the relationship and sees therapy as a formality, it will obviously prevent any genuine engagement.

Being ready for couples therapy requires mutual willingness and effort, but readiness can evolve with time and self-reflection.



## Learning About Polycystic Ovary Syndrome (PCOS)

by Alberta Health Services

Polycystic Ovary Syndrome (PCOS) is a common condition that is caused by a hormonal imbalance. Hormones control the activity of different cells and organs in your body. With PCOS, the hormone imbalance can affect your period and your overall health. It causes the ovaries to produce higher levels of the hormone testosterone. With PCOS, your ovaries may also develop enlarged, fluid-filled follicles that are often referred to as cysts.

Because of the extra testosterone, people with PCOS may have:

- Missed periods, irregular periods, and very light periods (including spotting)
- Extra hair on the face or body
- Thinning hair on the head
- Severe acne
- Difficulty managing weight
- Difficulty getting pregnant
- Darkening of skin on the neck, armpits, or groin area
- If you notice sudden, unusual hair growth on your face or body or new wide purple stretch marks on your body, contact your healthcare provider right away.
- You may also have symptoms of:
  - Sleep apnea
  - Fatigue
  - Anxiety, depression, and mood changes

- High blood pressure, high blood glucose, and high blood lipids (your healthcare team can test for these things)

People living with PCOS may be at an increased risk of sleep apnea, diabetes, heart disease, pregnancy complications, and endometrial hyperplasia.

### Visit Your Healthcare Provider

It's important to consult your healthcare provider about PCOS. Write down how you feel, your symptoms, when your symptoms started, what makes your symptoms better or worse, and any concerns you have. Make a list of questions and concerns. During your appointment, your healthcare provider may ask you several questions about your health history and your family's health history.

They may ask about your:

- Menstrual cycle
- Past pregnancies or attempts to get pregnant
- Unwanted hair growth
- Symptoms
- Weight management
- Medicines and supplements
- Ethnicity

These questions help your healthcare provider diagnose PCOS and know how to best support you and your overall health.

Your healthcare provider will also check your height, weight, and blood pressure. Because PCOS can increase your risk of diabetes and heart disease, knowing your



# Photo Gallery

by Khoa Nguyen



current height, weight, and blood pressure will help your healthcare team manage these risk factors and also manage your PCOS symptoms.

Your healthcare provider may also do an exam to check for signs of high testosterone levels, insulin resistance, and other conditions. This exam includes:

- Looking for skin tags and dark, thick, velvety skin in your body folds and creases.
- Looking for extra hair in different parts of your body, especially on your face and chin. You may want to delay shaving, plucking, or doing any hair removal before your appointment.
- Looking for wide purple stretch marks in your belly area and other parts of your body.

Work with your healthcare team to decide what is best for you as you manage your PCOS and find resources and services in your community:

211 Alberta helps people in Alberta find the right resource or service for whatever issue they need help with. 211 is available any time, day or night, by phone (call 2-1-1), text, and online chat. It is confidential and available in over 170 languages over the phone.

The Alberta Healthy Living Program has workshops, classes, and services to improve your health and quality of life.

The Alberta Health Services Chronic Disease Management program has links and resources to help people living with chronic conditions.

# Landlord and Tenant Law – Sublets and Options in DV Situations

by Charmaine Coutinho

As a volunteer lawyer with Calgary Legal Guidance, I advise clients who would otherwise be unable to access (paid) legal services to empower them to take the next steps in their legal matters independently. I commonly deal with landlord and tenant disputes.

This article discusses only leases covered by Alberta's Residential Tenancies Act (RTA). The RTA excludes tenants sharing living space with a landlord, supported living accommodations, and a few other scenarios. I aim to help our community become more familiar with a few RTA topics, at a time when landlords and tenants are under stress and possibly looking for options.

### Subletting

As the cost of living dramatically increases, the proportion of income we allocate to rent may shrink. Many now find themselves unable to afford what may once have been a comfortable rent. The solution, particularly for those in a fixed term lease, may be to sublet.

However, many leases purport to ban sublets. According to the RTA, a tenant can ignore any term in a lease that purports to erase a protection offered to tenants by the RTA. So, a tenant can ignore a lease term that bans subletting.

Under the RTA, a tenant needs a landlord's written consent to sublet, and a landlord cannot refuse to provide consent without reasonable grounds. If a landlord has not given the tenant their written reasons for denial within 14 days of receiving the request, a tenant can assume that the landlord agrees to the sublet. A landlord also cannot charge the tenant a fee for giving consent for the sublease.

Before subletting, a tenant should understand how a sublet works: the primary lease between the tenant and the landlord still exists. As such, all of the tenant's responsibilities and obligations under that primary



lease continue despite the sublet. If the subletter fails to meet their tenancy obligations, the primary tenant would be responsible for meeting these obligations. For example, if a subletter fails to pay rent, the primary tenant is responsible for paying rent to the landlord. If a subletter damages the rental unit during or at the end of the tenancy, the primary tenant would be responsible for repairing the unit before surrender to the landlord or could be sued by the landlord for repairing the cost of damages done by the subletter. Any tenant planning to sublet should seriously consider the risks involved before entering into a sublease.

It is possible for a landlord to voluntarily agree to end the primary lease early, with pre-defined or no penalty fees, and set up a new lease with the interested subletter; this would be exclusively at the discretion of the landlord and cannot be forced by the tenant.

### Domestic Violence and Tenancies

Victims of domestic violence can end a tenancy early and without financial penalty, without a landlord's consent. This right arises in circumstances where the tenant's or a dependant individual's safety is at risk. There is a process to request an authorization certificate from the Alberta government; once the required documents are submitted, the applicant can receive a certificate within seven days. This certificate must be served on the landlord at least 28 days before the applicant terminates the tenancy.

If the applicant fears for their continued safety, they may leave the rental unit before receiving a certificate or before the end of the 28-day period.

Please reach out - there are supports from the city, province, and legal organizations serving vulnerable individuals, ready to offer confidential advice and assistance to those escaping domestic violence.



Councillor, Ward 2  
**Jennifer Wyness**

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🌐 Calgary.ca/ward2 📱 Ward2Wyness

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February is all about celebrating community and embracing the best of Calgary's winter season. From lending a hand as a Snow Angel to enjoying the vibrant festivities of Chinook Blast, there's no shortage of ways to connect, support, and enjoy what makes our city so special. Read on for all the details and get involved!

### **Become a Snow Angel**

Being a Snow Angel is simple—just adopt a sidewalk and keep it clear of snow! Keep an eye out for neighbours who may need a hand, like older adults, those with limited mobility, or anyone temporarily unable to shovel. By lending a helping hand, you're making your community safer and more connected.

The City recognizes these everyday heroes with printed certificates during the annual Snow Angels campaign, which runs from December to mid-April. If you know someone who deserves to be celebrated for their kindness, don't forget to nominate them! Visit [calgary.ca/volunteer/snow-angels](http://calgary.ca/volunteer/snow-angels) to learn more.

### **Chinook Blast, January 31 to February 17**

February is here, and with it comes Chinook Blast, Calgary's iconic winter celebration! From now until February 17, this vibrant festival will light up the city with world-class entertainment, cultural experiences, and free outdoor programming for all ages. This year, while Olympic Plaza undergoes construction, the festival's core activities will take place at Stephen Avenue and The Confluence, with additional events happening throughout Calgary. Whether you're exploring stunning light installations, enjoying live music, or taking in the city's unique cultural offerings, Chinook Blast is a chance to embrace the magic of winter and celebrate the best of Calgary. For schedules and updates, visit the Chinook Blast website at [www.chinookblast.ca](http://www.chinookblast.ca).

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.

*Jennifer*

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