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## GAMES & PUZZLES

### Guess the Video Game!

1. This video game was developed and published by Atari in 1972, making it one of the earliest and most well-known video games.
2. With over 300 million copies sold, this is the best-selling video game of all time.
3. Physicist William Higinbotham created the very first game called \_\_\_\_\_; and no, it's not what you think!
4. A video game classic, the character of Mario was originally called \_\_\_\_\_.
5. Beginning as a joke, this 1999 Nintendo 64 game included an unlikely rap about its main characters.
6. The Stalfos are the only enemy creatures to appear in every edition of this video game since its creation.



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**NOLAN HILL**



**SAGE HILL**



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## PRESIDENT'S MESSAGE

Hello Sage Hillians,

Save the Date! Our 2025 Annual General Meeting (AGM) will be held on June 10, 2025, at 7:00 pm, virtually. Since announcing that 2025 SHCA memberships are free — simply by visiting [sagehillcyc.com](https://sagehillcyc.com) — our membership base has been growing rapidly. We've already heard from several of you expressing interest in joining the board this June, which is fantastic news! We're excited about the continued growth of our membership and the upcoming revitalization of our wonderful community. I've had the pleasure of speaking with past and current board members, and we've curated an exciting list of events we're eager to host. Additionally, we're working on unique incentives for our members, including events with fantastic prizes.

Our goal isn't just to bring the neighbourhood together — we want to foster a sense of belonging and camaraderie within a community that values its green spaces, pathways, and amenities. But beyond that, we aim to create a greater sense of connection, where every member feels part of something bigger — a united neighbourhood where neighbours connect, engage, and thrive through your SHCA.

We're currently facing a shortage of Board Directors, and we need your help. Everything that makes the SHCA thrive is driven by volunteers, and the impact of your contributions is always met with deep gratitude and appreciation. Whether you're able to give a little or a lot of your time, stepping into a Director role brings real benefits to our entire community.

We invite you to join us as a new member of the SHCA — and consider the possibility of becoming a Board Director. Together, we can be proud to call ourselves a Sage-Hillian.

Regards,

*Ron Howey*

President Sage Hill Community Association

Website: <https://sagehillcyc.com>

Email: [info@sagehillcyc.com](mailto:info@sagehillcyc.com), [president@sagehill.com](mailto:president@sagehill.com)



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## 2025 Annual General Meeting



Notice is hereby given that the Annual General Meeting of the Symons Valley Leisure and Amenities Society will be held in person and online on Tuesday May 20, 2025, on or about

the hour of 7:00 pm at Symons Valley United Church in the Valley Room, for the purpose of receiving reports; approval and confirmation of actions taken by the Board since the last Annual General Meeting; and, for the transaction of such other business as may properly be brought before the meeting.

We encourage all our neighbours, especially those who live in Kincora, Nolan Hill, Sage Hill, and Sherwood to attend our meeting, so that you can stay informed and become involved in this multi-community project.

### Agenda

1. Call to Order
2. Approval of Agenda
3. Approval of Minutes of the 2024 Annual General Meeting
4. President's Report
5. Finances Review and Approval
6. Approval of Directors
7. Committee Reports
8. New Business
9. Adjournment

### Board Vacancies

- Director of Fund Development
- Director of Project Development
- Director at Large
- Committee Positions (Communications, Fund Development, Finance, Project Development)

### Annual General Meeting - Symons Valley Leisure and Amenities Society

Tuesday, May 20, 7:00 to 8:00 pm

Video call link: <https://meet.google.com/qui-uyqo-agc>

Or dial: (CA) +1 289-351-7332 PIN: 934 308 479

Please reach out to us on our website [www.symonsvalleypark.ca](http://www.symonsvalleypark.ca) or visit our Facebook Page at [www.facebook.com/SymonsValleyPark](http://www.facebook.com/SymonsValleyPark).

We look forward to seeing you there,

*Kris McPherson*

President – Symons Valley Leisure and Amenities Society



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8-1-1 Health Link (24-Hour)	403-266-HELP (403-266-4357) Distress Centre and SeniorConnect (24-Hour)
Health advice (including dementia advice) from a registered nurse.	Crisis support and urgent social work response (including if you are concerned about a senior at risk in the community).
3-1-1 City of Calgary (24-Hour)	403-943-1500 Access Mental Health
Information on all City of Calgary services. <a href="http://www.calgary.ca">www.calgary.ca</a> .	Non-urgent advice on navigating the addiction and mental health system.
2-1-1 Community Resources (24-Hour)	403-705-3250 Elder Abuse Resource Line (24-Hour)
Information and referrals for community and social services. <a href="http://www.ab.211.ca">www.ab.211.ca</a> .	Confidential information and support, or to report a suspected case of elder abuse.

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02144	4 Bitewing X-Rays	\$105.38	<b>\$105.38</b>
02113	3 PA X-Rays	\$81.35	<b>\$81.35</b>
02601	Panoramic X-Ray	\$106.61	<b>\$106.61</b>
11113	3 Units Scaling	\$250.53	<b>\$250.53</b>
11101	Polishing	\$74.40	<b>\$74.40</b>
12112	Fluoride Treatment	\$36.05	<b>\$36.05</b>



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GUARDS**



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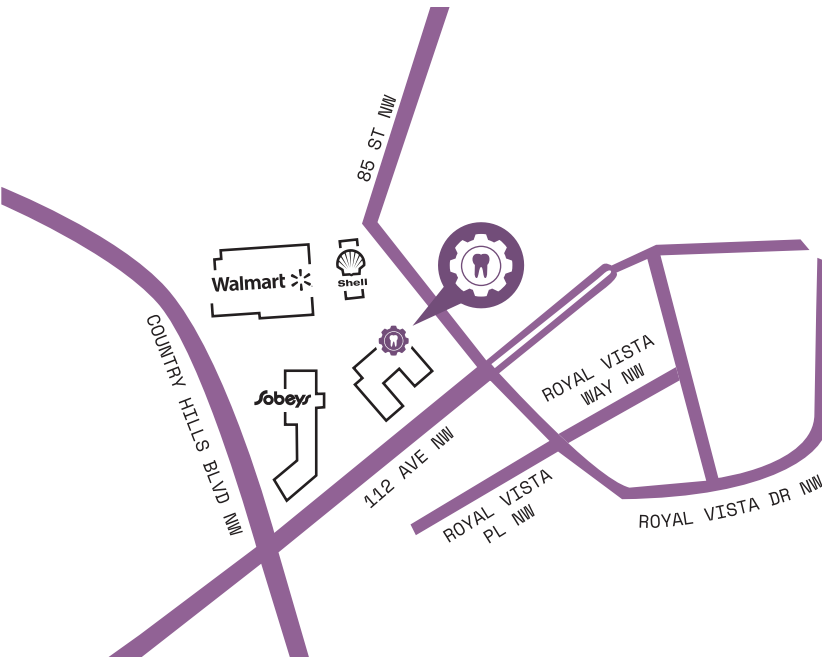


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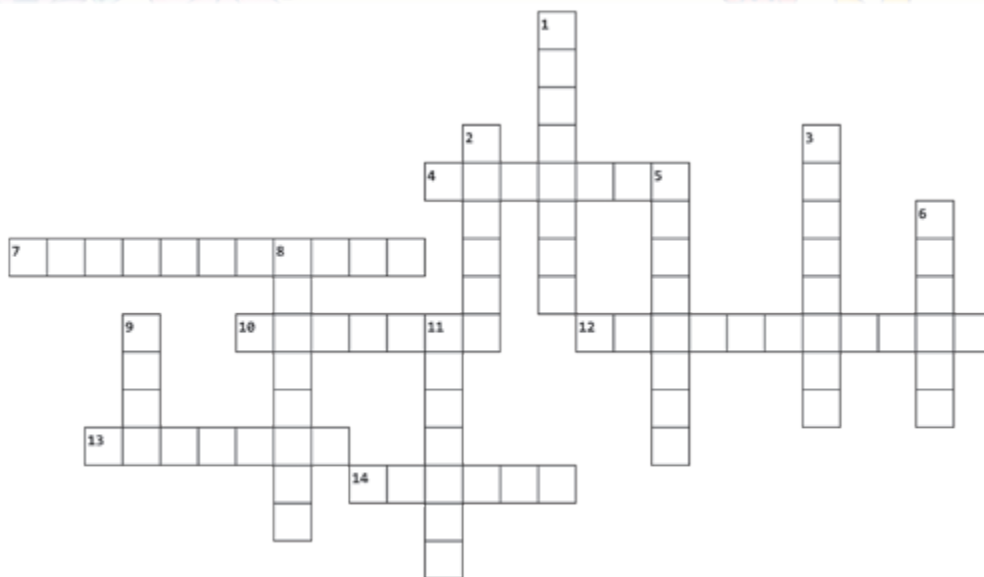
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# May Crossword



## Down

1. Cory \_\_\_\_\_, famous for his role as Finn Hudson on *Glee*, was born on May 11, 1982, in Calgary, Alberta.
2. The first \_\_\_\_\_ Awards were held on May 4, 1959, with Ella Fitzgerald winning the award for Best Jazz Vocal Performance.
3. *Astrophysics for People in a Hurry* by Neil \_\_\_\_\_ Tyson was originally published in May 2017.
5. On May 8, 1980, the World Health Organization declared that this disease, caused by the variola virus, had been eradicated.
6. Fashion designer, Coco \_\_\_\_\_, released her eponymous perfume, \_\_\_\_\_ No. 5, on May 5, 1921.
8. Canadians celebrate the birthday of this Queen on May 19.
9. The month of May is named after \_\_\_\_\_, the Greek goddess of growth, fertility, and spring.
11. The Canadian government established the North-West \_\_\_\_\_ Police on May 23, 1873.

## Across

4. This popular TV sitcom aired its series finale "The Last One" on May 6, 2004, in the United States.
7. Pyotr Ilyich \_\_\_\_\_ was a guest conductor for the opening of Music Hall (now Carnegie Hall) on May 5, 1891.
10. On May 16, 1929, the first \_\_\_\_\_ Awards were held with the silent film *Wings* winning Best Picture.
12. The first-ever race of the Formula 1 World Championship was held on May 13, 1950, at this iconic English circuit, which is still used today.
13. Amelia \_\_\_\_\_ started her first transatlantic solo flight on May 20, 1932, departing from Harbour Grace, Newfoundland.
14. *The \_\_\_\_\_ Reloaded* was released on May 15, 2003, starring Canadian actor Keanu Reeves and Canadian actress Carrie-Anne Moss.



Visit [bit.ly/mycalgaryanswers](https://bit.ly/mycalgaryanswers) or scan the QR code for the answers



## Understanding Prediabetes

by Alberta Health Services



Did you know that in Canada, 6.1% of adults over the age of 20 have prediabetes? Having prediabetes increases the risk of progressing to Type 2 diabetes (T2D). However, there are lifestyle changes that can reduce this risk.

Prediabetes occurs when blood sugar levels are higher than normal but are not yet high enough to be classified as T2D. T2D is a chronic condition where the body is unable to use insulin properly, leading to high blood sugar that may result in other complications like heart disease or nerve damage.

### What Causes Prediabetes?

Our body uses blood sugar (glucose) for energy. After eating, our body breaks some of the food we eat down into glucose. The hormone insulin then helps move the glucose into our cells to be used for energy. In prediabetes, insulin does not work as well as it used to. This leads to higher blood sugar levels resulting in prediabetes. Often, there are no physical symptoms of prediabetes.

Prediabetes can develop into T2D. However, progression is not inevitable and making changes sooner can reduce the chances of developing T2D.

For people with prediabetes, it is important to know that blood sugar levels are affected by what and when you eat.

### Tips For Eating to Manage Blood Sugars

1. Limit juices and drinks with added sugar. Choose whole fruit or flavoured water with lemon or lime.
2. Eat three meals a day, with about four to six hours between meals. This can manage blood sugar and feelings of hunger.
3. Build your plate according to Diabetes Canada. Cover half your plate with vegetables, such as broccoli, spinach, and cabbage. Cover another quarter of your plate with whole grain products or starchy vegetables such as potatoes, corn, and yams. Put protein foods on the remaining  $\frac{1}{4}$  plate such as lentils, tofu, meat, fish, and eggs. Visit [diabetes.ca/nutrition](https://diabetes.ca/nutrition) to find the healthy eating section with additional tips.
4. Choose foods with fibre. Fibre slows down digestion and helps maintain stable blood sugar levels. Include whole grains like oats, quinoa, and barley along with vegetables and fruits to boost your fibre intake. Aim for 30 grams or more per day. Visit [ahs.ca/nutritionhandouts](https://ahs.ca/nutritionhandouts) and search Fibre for more information about foods with fibre.
5. Choose unsaturated fats. Prediabetes increases the risk of developing heart disease. Replacing saturated fat in the diet with unsaturated fat can help decrease this risk. Unsaturated fat can also help improve insulin sensitivity.

### **Foods high in unsaturated fats:**

- Soft margarine
- Oils: canola, olive, peanut, sunflower
- Avocado, nuts and seeds, nut butters
- Ground flax seeds, chia seeds, or hemp seeds
- Fish instead of other animal proteins

### **Foods high in saturated fats:**

- Coconut oil, lard, butter, hard margarine
- Red meat, deep fried foods, processed cheeses
- Cream and ice cream

### **Getting Active to Prevent Prediabetes**

Physical activity is a powerful tool in managing prediabetes. Physical activity helps your body use insulin to lower blood sugar levels. Start slowly and build up to 30 minutes each day, five to seven days a week. Brisk walking, swimming, cycling, or any other activity you enjoy is a great place to start.

Resistance training such as lifting weights or bodyweight exercises can also be beneficial for building muscle and improving blood sugars.

Remember that physical activity is cumulative and does not need to be completed in one session. Even a brief ten-minute walk after a meal has been shown to improve blood sugar levels. For more information visit [csepguidelines.ca](http://csepguidelines.ca).

Excess body weight is a factor that may contribute to having prediabetes and the development of T2D. A reduction as little as 5% of initial weight can greatly reduce the risk of developing T2D, for example for a person who weighs 90 kg (200 lb.), 5% weight loss would be 4.5 kg (10 lb.). Rather than focusing on rapid weight loss, aim for gradual, sustainable changes. Visit [ahs.ca/nutritionhandouts](http://ahs.ca/nutritionhandouts) and search Eating Well for Weight and Health to learn more about weight management.

Making changes can help reduce risk while still maintaining an enjoyable lifestyle. However, change can be hard, especially if we try to make too many changes too fast. Set achievable goals and take small, gradual steps to ensure that your approach is sustainable.

Consider ways to support your health that work for you and seek guidance from healthcare providers for personalized advice.

## Embracing May: A Season of Growth and Connection

by Chima Akuchie

With the arrival of May, Calgary bursts into life with longer days, warmer temperatures, and fresh opportunities to connect. It's a time for renewal—not just in nature but within our communities. Whether you're stepping outside to enjoy the city's parks, joining local initiatives, or simply spending quality time with loved ones, this month invites us all to embrace the season's energy.

Spring is the perfect reminder of the power of small actions. Supporting local businesses, volunteering, or lending a helping hand to neighbours can create a ripple effect of kindness. As the cost of living continues to challenge many, community support plays a vital role in ensuring no one feels left behind. Even simple gestures, like participating in a charity event or attending a neighbourhood cleanup, contribute to a stronger and more connected city.

Beyond acts of service, May is filled with opportunities for fun and discovery. From cultural celebrations to outdoor markets and live performances, there's no shortage of ways to engage. Exploring new events, trying different cuisines, or joining creative workshops can introduce fresh experiences while fostering a deeper connection to the city and those around us.

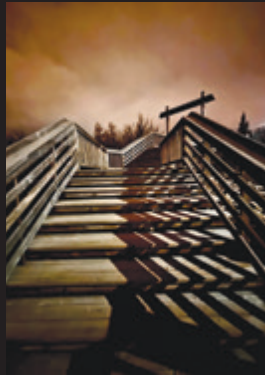
As the season blooms, so do new possibilities. May is an invitation to step outside your routine, meet new people, and take part in activities that enrich both personal and community life. Whether through attending events, picking up a new hobby, or simply appreciating the beauty of the changing season, every small moment of engagement adds to the collective spirit of the city.

Let's welcome May with open arms, embracing the opportunities it brings to grow, connect, and create lasting memories. Here's to a month filled with positivity and meaningful experiences!



# Photo Gallery

by Stu Franklin



**Councillor, Ward 2**  
**Jennifer Wyness**  
☎ 403-268-2430  
✉ Ward2@calgary.ca  
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📷 @WynessJennifer ✈ @JenniferWyness

Our communities are growing, and with that growth comes exciting improvements to roads, parks, and public spaces. To help you stay informed about what's happening near you, I have worked with The City to launch the Capital Projects Map – an interactive tool that highlights upcoming and ongoing infrastructure projects.

Want to know if roadwork will affect your commute? Curious about new community spaces being built nearby? This tool provides details on project timelines, budgets, and current status, so you can see how these developments may impact and benefit your daily life.

Currently, the map is in its pilot phase, featuring select projects while The City fine-tunes its functionality. More updates are coming soon, making it even easier to track improvements across Calgary.

Check it out and explore what's happening in your community today! Visit [calgary.ca/capitalprojectsmmap](https://calgary.ca/capitalprojectsmmap) for more.

## Preparing for Warmer Weather and Snow Melt

With warmer temperatures expected in Calgary, The City is preparing for the spring melt – and you can help!

As ice melts during the day and refreezes at night, storm drains can become blocked. City crews are already working to inspect and thaw key drains using specialized steam equipment.

## How You Can Help:

- Clear storm drains around your property when it's safe to do so. Removing ice, snow, and debris helps prevent pooling water. Find storm drain locations at [calgary.ca/stormdrains](https://calgary.ca/stormdrains) and learn more.
- Report blocked drains to 3-1-1 if water is pooling or if the drain is covered in thick ice. Submitting a photo through the 3-1-1 app helps crews prioritize urgent concerns.
- Drive with care. Slushy roads can hide hazards like potholes, and water spray can reduce visibility for others.

As always, my office is open if you have any questions or concerns. You can reach us at [Ward2@Calgary.ca](mailto:Ward2@Calgary.ca). I look forward to hearing from you soon.



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## Chanel No. 5

On May 5, 1921, Coco Chanel, teaming up with perfumer Ernest Beaux, launched her iconic fragrance. Why No. 5? Because five was her lucky number, and she made sure to release it on the fifth day of the fifth month for extra good fortune!



## Thai Curry Chicken

by Jennifer Puri

Thai food is a blend of four cuisines – Indian, Chinese, Malay, and Thai.

Thai curry can be mild or spicy and contain meat, chicken, seafood, or vegetables, and is typically served with rice or noodles.

The “reddish” colour and flavour of the curry comes from the red chillies used to make the paste which would also include lemongrass, shrimp paste, ginger and garlic, turmeric, coriander, and cumin seeds.

Full fat coconut milk has been used in the Thai curry chicken recipe as it helps to offset the heat and give it a creamy consistency. The curry is actually quite mild, but you can increase the heat by stirring in the garnish of fresh, sliced red Thai chillies prior to serving.

**Prep Time:** 20 minutes

**Cook Time:** 35 minutes

**Servings:** 4 to 6

### Ingredients:

- 3 lbs. boneless, skinless chicken breasts
- 1 medium size onion, finely sliced

- 3 garlic cloves, finely chopped
- 4 tbsp. vegetable oil
- 4 to 5 tbsp. Thai curry paste
- 3 tsp. fish sauce
- 1 tsp. sugar
- 2 ½ cups full fat coconut milk

### Garnish:

- 3 Thai red chillies, deseeded and thinly sliced
- 10 to 12 fresh mint leaves or Thai basil leaves

### Directions:

1. Cut the chicken breasts into small pieces.
2. Heat oil in a large pan or skillet (which has a lid), add the sliced onion and garlic and sauté for 2 to 3 minutes.
3. Add the chicken pieces to the pan and fry until they change colour and are no longer pink.
4. Add Thai curry paste, followed by the sugar, salt, and fish sauce, and blend in with the chicken.
5. Pour in the coconut milk and simmer on low heat until the chicken is tender, about 20 minutes.
6. Garnish with 2 to 3 thinly sliced Thai red chillies with seeds removed and fresh mint or basil leaves.
7. Serve with Jasmine or Basmati rice or rice noodles if desired.

Bon Appétit!

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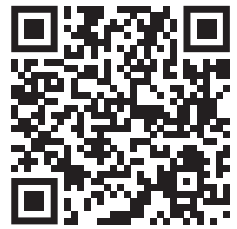
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