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NOLAN HILL



SAGE HILL



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PRESIDENT'S MESSAGE

Hello Sage Hillians,

You may have noticed in past community newsletters that the Sage Hill Community Association (SHCA) had dissolved. It's been a trying year as Ross Utigard stepped down as President and has moved to a different community. First and foremost, I would like to thank Ross for all his years of dedicated time and volunteer work that he has put into this community over the past 12 years. Ross was instrumental in creating the website, getting the Ice Rink, the little libraries, the "rock" moved, shed, fire pits, and many more. His last feat was the planning and planting of around 800 trees in the ravine. Thank you, Ross, for all you have done for Sage Hill.

Since Ross's departure, things were left up in the air with talks about dissolving the SHCA completely. I'm glad to say that, with the help of Aaron Taylor - City of Calgary Neighbourhood Partnership Coordinator, and the remaining SHCA Board members, that the SHCA will continue on! I have stepped up from Vice President to President, and all the other Board members have graciously agreed to stay on. The good news is that the show will go on with community events, food trucks, ice rink...and more. The not so good news is that this is my first kick at the can and I will be relying on my faithful team members and you, the community, to guide me along this journey to make Sage Hill a great place to live and be active in.

On to New Horizons

The SHCA is here for you! We would love to bring this community back to life with fun-filled events for all. I personally want to be proud of this community that I've lived in since its inception and meet as many neighbours as possible and have the community spirit that brings us all together. To achieve this, I need your help...we need your help. We have a great team, but we could always have more members on the Board. Sage Hill is broken up into multiple HOAs, business districts, fields, and a ravine. The only thing that represents all of us is the SHCA. Let's pull together and be there for one another.

2025 is going to be a new beginning for the SHCA. More information will come in the following months as the Board needs to reignite its vision and get as many volunteers as possible to help make it all possible.

If anyone would like to step into a role before the AGM in June 2025, please reach out to us at info@sagehillyyc.com.

Regards,

Ron Howey

President, Sage Hill Community Association

<https://sagehillyyc.com>

president@sagehill.com

Friendship

by Cheryl Dunkley

Is there anything better than a buddy on whom you can depend?

Always comes running when you call, "Help"

When she shows up, you know trouble is soon at an end.

Confiding, sharing, laughing, crying too

Many things in our lives make us happy or blue.

We don't always agree, but that's okay...

Giving each other time to have our say.

Careful with advice... is that a request?

Knowing when to be silent,

A hug can sometimes be the best.

We have different lives, our choices miles apart

No judgments, thank you

Just a close feeling in the heart.

I'm grateful, smiling, peaceful too

And remembering to thank God

For a wonderful friend like you.

Sledding Safety

by Alberta Health Services

Emergency Medical Services (EMS) would like to remind parents and children about a few toboggan/sledding safety tips. Injuries may result from collisions with stationary objects on the hill, such as trees, poles, rocks, or even collisions with other people. Unprotected falls can also result in more serious injury if you lose control at high speeds. However, everyone can be safe and have fun on the toboggan hill by following these reminders.

Equipment

- Always ensure your toboggan, or sledding device, is in good repair. Inspect it for any damaged or missing parts before each use.
- Be certain the operator is fully capable of staying in control of the sled at all times.
- Wear a ski helmet, designed for use in cold weather and high speeds.

Hazards

- Avoid hills that are too steep or too icy.
- Choose hills free of all obstacles such as trees, rocks, utility poles, benches, or fences.
- Beware of loose scarves, or clothing containing drawstrings, which could present a strangulation hazard if they become caught or snagged.
- Look out for others. Move quickly to the side after finishing a run and stay to the side of the sliding path when walking up the hill.
- Children should be supervised by an adult; never toboggan alone.
- Sledding at night is not advised.

Plan Ahead

- Anticipate weather changes and plan accordingly.
- Wear warm, insulating layers closer to the body, and wind/waterproof layers on the outside.
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones.
- Take breaks out of the cold to warm up.
- Even when properly protected from the elements, the fingertips, toes, ears, the tip of the nose, and other high points on the face such as the forehead and cheek bones can be affected by frostbite; therefore, attempt to cover up any exposed skin.

- If frostbite has occurred, treat it by first getting out of the cold environment, or at least sheltered from any wind chill.
- Gently warm the affected skin by placing a warm hand over it, or by placing the affected part in warm - not hot - water until re-warmed.



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Managing and Preventing Kidney Stones

by Alberta Health Services

What Are Kidney Stones?

A kidney stone forms when salts and minerals that would normally pass out of the body in the urine build up in large amounts and separate from the urine to form crystals.

When the urine leaves the kidney, it may carry the crystal out, or the crystal may stay in the kidney, and over time several smaller crystals combine to form a kidney stone.

They can be as small as a grain of sand or grow to be as large as a golf ball.

Causes and Risk Factors

Several things can affect your risk for getting kidney stones. These include:

- **How much fluid you drink.** The most common cause of kidney stones is not drinking enough water. Kidney stones form when a change occurs in the normal balance of water, salts, minerals, and other things in urine. When you don't drink enough these substances can build up and stick together to form the crystals that eventually become kidney stones.
- **Your diet.** Diets high in protein and sodium increase your risk for kidney stones. So do oxalate-rich foods, such as dark green vegetables.
- **Being overweight.** This can cause both insulin resistance and increased calcium in the urine, which can increase your risk for kidney stones.

Your age, gender, and whether you have a family history of kidney stones can also affect your risk. But these things are out of your control.

Symptoms

- Sudden, severe pain that gets worse in waves. Stones may cause intense pain in the back, side, abdomen, groin, or genitals.
- Nausea and vomiting.
- Blood in the urine.
- Frequent and painful urination.

Treatment

For most kidney stones, your doctor will recommend home care, such as pain medicine and drinking plenty of water. You may get a medicine to help the stone pass. If it is too large to pass, you may need other treatment, such as one that uses shock waves to break the stone into small pieces.

Prevention

The following tips may lower your chance of getting kidney stones or from getting them again:

- Drink plenty of water.
- Eat less salt and salty foods.
- Increase your fibre consumption.
- Avoid grapefruit juice.
- Drink lemonade made from real lemons (not lemon flavouring). It is high in citrate, which may help prevent kidney stones.

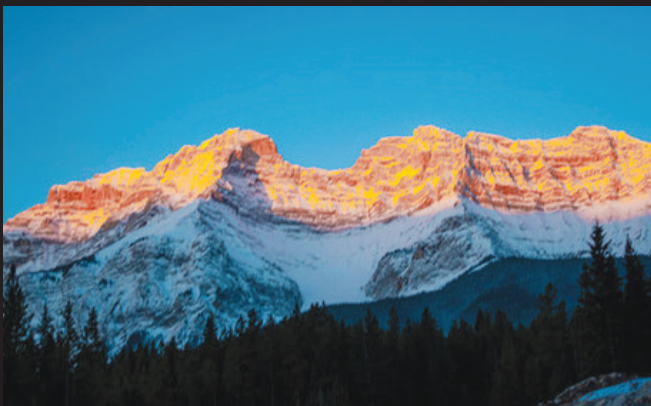
If you have had kidney stones, your doctor or dietitian may talk with you about an eating plan to help prevent new stones. Talk to your health care professional about:

- **Oxalate.** Limiting certain foods that have a lot of oxalate, such as dark green vegetables, nuts, and chocolate may help prevent kidney stones.
- **Animal protein in your diet.** This includes beef, chicken, pork, fish, and eggs. These foods contain a lot of protein, and too much protein may lead to kidney stones.
- **Natural health products.** Your doctor may want you to limit how much fish liver oil, calcium, and vitamin C and D supplements you take.



Photo Gallery

by Jirapan Nilmanee (Mik)



Celebrating Calgary 150 - Calgary's Prehistory

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

2025 is Calgary's 150th anniversary! We're writing 12 articles on the different eras of Calgary's history.

Let's start at the beginning, not quite the Big Bang but the Dinosaur Age, when Alberta lay underneath the Western Interior Seaway. Alongside the newly forming Rocky Mountains was a lush coastline of tropical forests and wetlands.

The land was inhabited by creatures like the duck-billed Edmontosaurus, which was hunted by Albertosaurus. The warm and shallow sea was full of marine life like plesiosaurs, sharks, and giant fish.

Today, Drumheller is one of the world's richest dinosaur study areas. You'll see many fossils at the Royal Tyrrell Museum, Canada's only museum dedicated to ancient life.

Besides their scientific value, fossils became the fuels that have driven our economy and technology. After millions of years, shells formed porous layers on the seafloor where organic sludge settled and became exposed to heat and pressure, forming oil and gas.

In Turner Valley in 1914, natural gas sprayed out of one wellbore. Then in 1947, the Leduc-Rimbey reef became famous for an oil strike that launched the province onto the world stage.

On the Kainai Reserve southwest of Lethbridge, some ancient life turned into large deposits of iridescent shells, called ammolite. It's also called iniskim ("buffalo stone"), since according to Indigenous legend the first stone saved people from starvation. Ammolite became Alberta's official gemstone in 2022.

Fast forward to the last Ice Age, when 3-kilometer-thick ice sheets covered 97% of Canada. Then the sheets melted, leaving markers all throughout Alberta. The Prince of Wales Hotel in Waterton sits atop a kame, an irregularly shaped hill formed from ice sheet movements.

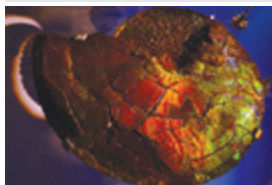
Another sign of glaciation are erratics, massive rocks seemingly placed at random. The growing ice sheets carried rocks and then left them behind when the ice melted. The largest is Big Rock near Okotoks, meaning "rock" in the Blackfoot language.

Another Ice Age effect was exposing the Bering land bridge linking Eurasia and Alaska. About 14,000 years ago, several thousand hunter-gatherers crossed over, probably following woolly mammoth herds. They spread out across the Americas, which we'll explore next month.

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https://commons.wikimedia.org/wiki/File:Platoniceras_meeki_Mus%C3%A9e_des_Confluences_18102015_3.jpg. *Platoniceras meeki*, an ammonite species from the Cretaceous, 80 million years old. Origin: Alberta. Displayed at the Musée des Confluences, Lyon, France. Photo by Vassil, via Creative Commons CC0 1.0 Universal Public Domain Dedication.



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Walking in a Winter Wonderland: Snow and Ice Removal Adjacent to Properties

by the City of Calgary

The City of Calgary is committed to keeping our public spaces safe and accessible, but residents also play a vital role. The City maintains roughly 10 percent of Calgary's 5,000 kilometers of sidewalks, leaving the majority for property owners/occupants to clear.

In recent years, amendments to Calgary's Streets Bylaw (20M88) have strengthened compliance measures, including an escalating fine structure for property owners who fail to clear their sidewalks within 24 hours of snowfall ending:

- If a sidewalk or pathway adjacent to private property is not cleared, a complaint can be filed through 3-1-1 to Calgary Community Standards.
- A peace officer will inspect, provide education, and leave a 24-hour warning if the snow and ice aren't cleared.
- If the issue persists, the officer will assign a contractor for removal, and the property owner will be fined and charged for the service.
- The fine for not clearing snow/ice is \$250, with escalating fines for subsequent violations within 12 months.
 - o First offence: \$250
 - o Second offence in a 12-month period: \$500
 - o Third subsequent offence(s) in a 12-month period: \$750, automatic court summons

Key guideline: Snow can be shoveled from sidewalks onto the street but not from private property, like driveways, into public spaces. Snow must not block designated wheeling lanes, like downtown cycle tracks.

Become a Snow Angel

Clearing snow and ice from sidewalks can be challenging – even dangerous – for older adults and people with limited mobility. Snow Angels help keep those Calgarians safe. Consider becoming a Snow Angel today!



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



The 9th Trex have gone canoeing, and tent camped with 110th Guides, participated in Nite Trek (an area camp where they do a night hike and do tasks along the way), went to Colour Me Mine and painted lovely bowls. We finished stuffing and closing up about 30 Izzy dolls (kind of like African Comfort Dolls) and sent them off to be used in packing for medical supplies for remote areas. The dolls are given to children when they get vaccinations or other medical care. The girls also learned how to start a crochet chain so they can work on making the Izzy Dolls themselves! We also wrote postcards to Navy personnel on the HMCS Calgary for Remembrance Day. We did a Banff day where the participants went to the Historic Cave and Basin, did a Scavenger Hunt downtown, visited the Whyte Museum, Banff Park Museum National Historic building, and of course, the hot springs! In December, our service project was to help with Stephen's Backpack's and had a Winter PJ party! The girls have a list of things they would like to do in the New Year that include a hostel stay in Kananaskis, tubing and swimming! We have a yurt camp already planned for May!

If you'd like to register your daughter, please visit www.girlguides.ca and use the unit finder to find an open unit in your area. If you cannot find a unit in your neighbourhood, it might be because the unit is full (you can modify the search – try searching "all" units; the default is to show only units with space available). You might want to consider becoming a leader – with more leaders, we can take in more girls. For more information, please email any-calgaryaurorasky@girlguides.ca for more information.





Councillor, Ward 2
Jennifer Wyness
 ☎ 403-268-2430
 ✉ Ward2@calgary.ca
 🌐 Calgary.ca/ward2 📱 Ward2Wyness
 📷 @WynessJennifer 📧 @JenniferWyness

Happy New Year!

As we step into 2025, I hope everyone had a restful holiday season and is feeling energized for the year ahead. January is a time for fresh starts and new goals, and our community is no different. Stay tuned for updates, and let's make this year a great one!

Budget 2025

This past November, I was among several Councillors who brought forward amendments to reduce spending in this year's budget and focus the City's dollars on core infrastructure. I ultimately voted no against the budget, which passed with a 9-6 vote. I have released my full statement with rationale for how I voted and a summary of the amendments I supported. You can find this statement on our webpage at Calgary.ca/ward2.

Are You Between the Ages of 18 and 24 and Looking for Work?

If you're a young Calgarian looking for work or guidance on kickstarting your career, now is the perfect time to check out the City of Calgary's Youth Employment Centre (YEC)! Offering free, drop-in employment services, the YEC can help you with resume targeting, job search strategies, interview prep, and more.

Located at 315 10 Avenue SE, the YEC connects you with local employers who are actively hiring. With spring around the corner, it's a great time to get ahead of the game and prepare for job openings. Whether you're just starting your job search or aiming to take your career to the next level, the YEC can support you every step of the way.

No appointment is needed. Call 403-268-2490 for more details or visit the YEC during their open hours. You can also visit calgary.ca/careers/youth-employment for more information.

As we kick off the new year, let's work together to make 2024 a year of growth, connection, and positive change. Stay warm, and we'll see you around the neighbourhood!



MP Calgary Rocky Ridge
Pat Kelly
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 Calgary, AB T3G 5H6
 ☎ 403-282-7980 📠 403-282-3587
 ✉ pat.kelly@parl.gc.ca

I hope everyone had a Merry Christmas and a Happy New Year!

In November, I spoke and laid a wreath at the Bowness Legion Remembrance Day service where we honored those who served, those who continue to serve, and the fallen. I was honored to speak at the Holodomor Commemoration in Calgary. I visited the Foothills Academy's Grade 9 student classroom to talk about being a Member of Parliament and the history and theory of the Parliamentary system.

This winter, I stood up for Canadians in both the House of Commons Chamber and at the Finance Committee. Last spring, Parliament voted to order the government to produce unredacted documents related to Sustainable Development Technology Canada (SDTC), a "Green Slush Fund" where whistleblowers revealed that connected insiders voted to give \$400 million of public money to their own companies, and hand them over to the RCMP. The government failed to do so. Each of my Conservative colleagues has spoken in the House of Commons on this very important motion to release the documents.

The Finance Committee has studied the effects of the Capital Gains Tax increase on Canadians and undertaken pre-budget consultations. This government's tax policy is killing jobs by driving investment and skilled Canadian workers out of the country. Business investment in capital like machinery, equipment, training, and intellectual property is shrinking, and productivity is falling. My Conservative colleagues and I will name a Tax Reform Task Force of entrepreneurs, inventors, farmers, and workers to design a tax cut that will allow Canadians to earn powerful paycheques and pensions and cut the paperwork and bureaucracy in the tax system by at least 20%.

Feedback from Calgarians is very important to me, 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.



Calgary

Councillor, Ward 6

Ward 6

✉ Ward06office@calgary.ca

🌐 Calgary.ca/ward6

The Ward 6 team is deeply saddened at the unexpected resignation of their boss Councillor Richard Pootmans at the end of November.

To Our Ward 6 Residents,

Our office remains dedicated to supporting your communities. Your Council Representatives who will be representing your interests in any matters coming before Council are:

Councillor Courtney Walcott, Councillor Sonya Sharp, and Councillor Kourtney Penner.

We are fortunate to have these three Councillors step up to assist with Ward 6 matters. Their commitment will ensure that your concerns are addressed, and your voices will be heard at City Hall. Please note that these councillors will not have an extra vote.

The Councillors' respective areas of focus will be as follows:

- Councillor Walcott - Communities East of 69 Street, which includes Spruce Cliff, Wildwood, Westgate, Glendale, Glenbrook, Glamorgan, Strathcona, Christie, Signal Hill, Coach Hill, and Patterson.
- Councillor Sharp - Communities West of 69 Street, which includes Medicine Hill, Canada Olympic Park, Cougar Ridge, West Springs, Aspen Woods, Springbank Hill, and Discovery Ridge.
- Councillor Penner - Tsuut'ina Nation.

As always, the Ward 6 team, comprised of Suzy Trottier, Ralph Smith, and Cindy Aldous will remain in place to listen, support, and collaborate with you.

For your day-to-day concerns, including requests around City services, please continue to reach out to ward06office@calgary.ca or contact 3-1-1.

If matters need to be escalated to a Councillor, the Ward 6 team will pass it along to the appropriate representative based on your community.

Finally, a special thank you to Mayor Jyoti Gondek and the City Administration staff for helping direct us through this stressful and hectic interlude. Our profound gratitude also goes to everyone who has reached out to our office to send us well wishes.

Regards,

The Ward 6 Team - Suzy Trottier, Ralph Smith, and Cindy Aldous

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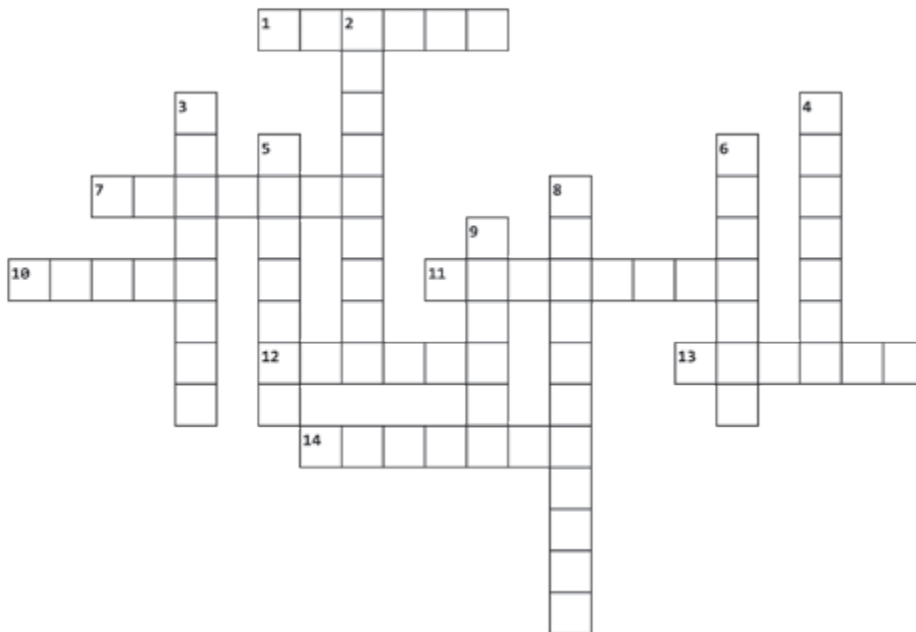
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January Crossword



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answers or scan
the QR code for the
answers

Across

1. Ice-hockey player and co-founder of a popular restaurant franchise, Miles Gilbert "Tim" _____, was born on January 12, 1930, in Cochrane, Ontario.
7. World _____ Day on January 4 marks awareness of a form of communication for blind and visually impaired people.
10. On January 2, 2010, American singer-songwriter _____'s debut single, "TiK ToK," reached number one on the Billboard Hot 100.
11. This iconic Aretha became the first female artist to be inducted in the Rock and Roll Hall of Fame on January 3, 1987.
12. This TV series first premiered on January 12, 1966, starring Adam West as the titular character and tells the story of a superhero who fights crime in Gotham City.
13. Legendary comedian, Jim _____, was born on January 17, 1962, in Newmarket, Ontario.
14. Disney's popular TV movie, *High School Musical*, premiered on January 20, 2006, starring Zac Efron, Ashley Tisdale, and Vanessa _____.

Down

2. Franklin D. _____ was sworn in for his fourth term as US President on January 20, 1945, becoming the only US President to do so.
3. Romance novel, *Call Me by Your Name*, by André Aciman, was published on January 23, 2007, and later became a film starring Timothée _____.
4. On January 7, 1610, Galileo Galilei discovered the first three moons of this planet – the largest in our solar system.
5. British actress and singer, Cynthia Erivo, who plays _____ in *Wicked*, was born on January 8, 1987.
6. Steve _____ and Steve Jobs officially incorporated Apple Computer, Inc. on January 3, 1977, in California.
8. "Wedding March", composed by Felix _____, was first played at the wedding of Princess Victoria and Prince Frederick William of Prussia on January 25, 1858.
9. The first Winter Olympic Games officially opened on January 25, 1924, in Chamonix, _____.



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Session d'information publique :
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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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yyc.com/WestRunaway



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GAMES**

SUDOKU

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