



# The SAGE HILL *aspect*

*Happy  
New Year*

**Your next Sage Hill  
Community Association  
Board Meeting is:  
Tuesday, January 8**

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## In Our Community

# Councillor Report

I would like to wish all residents of Ward 2 a Happy New Year! 2019 will be a great year for Ward 2 as we have a lot of exciting projects moving forward. City Council has approved a new Four Year 2019-2022 Budget Plan. This Budget provides funding for a number of important projects in Ward 2 which includes:

- New Interchange on Stoney Trail / 14th Street.
- Twinning the Shaganappi Trail Interchange over Stoney Trail.
- Building the Missing Link on Symons Valley Parkway.
- Completing 144th Avenue between Evanston and Symons Valley Road.
- New Symons Valley Library in Sage Hill.

These infrastructure projects represent over \$100 Million of capital investment in Ward 2 which will help create more jobs, reduce congestion on our major roadways and better connect our Ward 2 communities. While I did not support everything in the 2019-2022 Budget, approval for these projects has been my top priority as your City Councillor and I was pleased to see that Budget 2019-2022 fully funds each of these projects.

The Calgary Awards is one of the largest citizen recognition programs in our city. The City of Calgary established the Calgary Awards in 1994 to celebrate and recognize outstanding achievements and contributions made by Calgarians in the previous year. Each year, individuals, corporations, community groups and organizations are nominated in five major award categories, for a total of 13 awards. The City of Calgary encourages all Calgarians to look to their neighbours, colleagues, community leaders, local organizations and businesses for those who could qualify as recipients of the Calgary Awards. For additional information, nomination criteria and the online application form visit: [calgary.ca/calgaryawards](http://calgary.ca/calgaryawards); Nominations open on Wednesday, January 16, 2019.

*Joe Magliocca, Councillor, Ward 2*

## DID YOU KNOW??

The first public cell phone call was made on April 3, 1973 by Martin Cooper.



# Nitanisak District Girl Guide News

Here's some of what we were up to in November and December.

The 110th Guides have had a fun year so far. We went tent camping in September and, although it turned out to be a cold and snowy weekend, we had a lot of fun with our Harry Potter themed camp.

The girls chose to go bowling for our Halloween party and we recently participated in a fun day at the U of C where we learned all about Science, Technology, engineering and Math and completed some fun activities. We ran our own plebiscite for the Olympic debate and our results were the same as the general vote.

We are excited about our upcoming sleepover in April at the Telus Science center in keeping with our Science theme for the year. We are also planning a learn to kayak day in the spring along with a winter camp in February with our fun and enthusiastic group of girls omg grades 4, 5, and 6.

The 151st Brownies started the year with two camping trips already (one tenting and one residential in a cabin).

For Thanksgiving, our girls made gratitude jars which they decorated and can add anything they want to it! They answered questions like things they are thankful for, who they are grateful for and what made them smile today.

Our Brownie unit also made a trip to the Apple Store in Market Mall to learn about technology and make a movie on the ipad! We had a fun Halloween costume party with the Guides and are planning on going to a dental office to learn about oral hygiene.

We are going to be doing a service project for The Alex next month where the girls will learn to give back to the community in the season of giving. We will also dress up and enjoy a potluck supper with our moms in December.

In our upcoming meetings, we will do some cooking in the kitchen, learn some new Guiding songs, sell our classic chocolate and vanilla cookies and plan for two more sleepovers!

It has been a fun and busy year and we look forward to every week together, as the girls have become really good friends.

*Nitanisak District Girl Guides*

# SHCA Mission Vision Values

The SHCA Mission, Vision and Values committee is pleased to present the final product from multiple meetings and discussions. These organizational statements provide an overarching framework for how our organization moves forward, and outline what is important to our community. Please have a look!

## SHCA Mission

Sage Hill Community Association is a vibrant organization, that acts upon the common interest and concerns of the community members and its diverse residents.

## SHCA Vision

By 2023 Sage Hill will become a recognized association inclusive of all members by providing a united voice, recreational activities and creating respectful neighborhoods. We will strive to be a safe & diverse community which attracts businesses and social activities that unite residents.

## SHCA Values

- We value the integrity of the board
- We will be inclusive
- We will value and respect our guiding documents (i.e. the Societies Act, our Bylaws)
- We will be accessible to the residents of Sage Hill
- We value the participation of all Sage Hill Residents

## Your Community Association

All members of the Sage Hill Community Association are invited to attend our monthly meetings! Meetings are held on the second Tuesday of each month at the Alberta Treasury Branch in Sage Hill and run from 7:00 p.m. to 9:00 p.m.

Your next Sage Hill Community Association Board Meeting is: **Tuesday, January 8th.**

Don't have a SHCA Membership? Don't worry! Memberships can be purchased prior to the start of the meeting.

# Events In and Around Calgary

### Zoolights:

November 23 – January 5, Calgary Zoo. Visitors are welcome to enjoy spectacular light shows and displays at Calgary Zoo. More than 1.5 million twinkling lights are involved in this interactive light show, complete with kids' play areas, festive choirs, Santa and hot chocolate! [www.calgaryzoo.com](http://www.calgaryzoo.com)

### Lions' Festival of Lights :

December 1 – January 8, Confederation Park. The Festival of Lights is the largest FREE drive-by Christmas Lights showcase in Calgary. It's comprised of over 300,000 lights along 14 th St NW. Designed by James Alafritz, Creative Intelligence Agency. It is a collaborative effort that draws upon many volunteers, organizations and sponsors. Through it all, the Calgary and area Lions Clubs members and volunteers keeps things organized and on track. [www.lionsfestivaloflights.ca](http://www.lionsfestivaloflights.ca)

### The Motorcycle Show Calgary:

January 4 – 6, BMO Centre. Enjoy a wide-ranging and exciting line-up of exhibitors that celebrates the motorcycle lifestyle. From the open road, to the track and to the trail, this is your chance to see the newest models from the big names, plus the latest in apparel, accessories and touring destinations - all under one roof. The Show is jam-packed with special features and events that are sure to please riders of all ages, including the kids. [www.calgarymotorcycleshow.ca/](http://www.calgarymotorcycleshow.ca/)

### The Illusionists Live From Broadway:

January 8 – 13, Southern Alberta Jubilee Auditorium. The world's biggest selling magic spectacular is coming to Calgary! THE ILLUSIONISTS Direct From Broadway is an acclaimed mind-blowing spectacular. A stunning sequel featuring 7 new masters of mental and optical illusion, packed with thrilling and sophisticated magic of unprecedented proportions... [www.rvda-alberta.org](http://www.rvda-alberta.org)

### TELUS Spark Adults Only Night:

January 11, TELUS Spark. Experience the ultimate night out at the Science Centre. Open for extended hours, from 6:00 p.m. – 10:00 p.m., just for adults. This months theme is Embrace Outer Space. Land your rocket at TELUS Spark for a night that celebrates the vastness and mysteries of outer space. From earth to the edges of our solar system, we're hosting a night of fun and excitement as we explore the things we know about the stars above, the things we are curious about, and the things that we can only imagine. [www.sparkscience.ca](http://www.sparkscience.ca)

### Calgary Renovation Show:

January 11 – 13, BMO Centre. The Calgary Renovation Show (formerly Calgary Home Expo) is back and better than ever. Get no-nonsense advice from stars including Bryan Baeumler, Justin F. Smith and Neil Harding as well as inspiration and ideas from more than 200 trusted brands and local vendors. [www.calgaryrenovationshow.com](http://www.calgaryrenovationshow.com)

### Harlem Globetrotters:

January 23 – 24, Scotiabank Saddledome. The amazing, talented and entertaining Harlem Globetrotters are back with their tricks and fun this January at the Saddledome. [www.facebook.com/HarlemGlobetrotters/](http://www.facebook.com/HarlemGlobetrotters/)

### Calgary RV Expo & Sale:

January 24 – 27, BMO Centre. Those thinking about hitting the road for the first time or upgrading their current model should not miss western Canada's biggest showing of RVs and related services and accessories. In addition to vehicle and product displays, the event includes a program of seminars covering all one needs to know about the RV Lifestyle. [www.rvda-alberta.org](http://www.rvda-alberta.org)

*Tickets, admission or registration may be required for events. Event details are believed correct as of press time but may change at any time.*

## SHCA Committees 2018 Volunteers Needed!

We are excited to announce our 2018 Committees, and we need YOU to help us! Are you interested in any of the following?

- Events & Sports
- Safety & Development
- IT & Communications
- Membership & Fundraising

If the answer is YES, then we would love to hear from you! Please get ahold of us through Facebook, our website at [www.sagehillryc.com](http://www.sagehillryc.com) or via email at [ross.utigard@me.com](mailto:ross.utigard@me.com) and we will get you connected! Volunteering in your community is a great way to meet your neighbours and to make a positive difference in your community! Commitment varies depending on the committee and the projects that you are working on, but is not expected to be more than 4 to 6 hours per month.

## Chinooks and Hibernating Animals

There are so many benefits to living in a beautiful city like Calgary. Most residents will agree the easy access to wild spaces is a driver to living here. Greenspaces that can be used year-round allow us to enjoy sharing spaces with the over 400 species of wild animals that live alongside us. Calgaryans also get to experience the rare wonder called a Chinook. Warm, dry winds create a mini oasis in the wintertime giving us a much-needed reprieve from the icy-cold of a prairie winter. Have you ever thought about what this might mean for hibernating animals? What about animals who experience a torpor through the winter? For most animals that are inactive during the cold winter months, hibernation and torpor are stimulated by several factors; photoperiod (daylight hours), temperature and reduction in available resources to use as food. For those animals that are stimulated to sleep by cold temperatures, warm winters or frequent chinooks can wreak havoc on their yearly schedules.

At the Calgary Wildlife Rehabilitation Society, we often see this disruption in the form of unseasonably early babies. In animals such as squirrels, being roused too early from their winter homes can stimulate early breeding resulting in babies being born when the weather is far too cold to support their survival. Lagomorphs such as white-tailed jackrabbits, snowshoe hares and mountain cottontail rabbits have also been known to have early babies with a low survival rate during winters with fluctuating temperatures. While this may not affect their ability to continue breeding through the late winter and spring, it is surely a huge expenditure of energy to experience an unsuccessful litter of young so early in the year.

We often get questions from the media and the public alike, about how climate change is affecting our native wildlife. Its difficult to infer, from a wildlife rehabilitation perspective, how populations may be affected by our yearly shifts in climate. We can however expect that there will be changes in the ways animals behave as our climate changes, especially when we can see these changes happening with natural weather cycles within our city. When you are out enjoying our outdoor spaces during the next Chinook, look around at the animals sharing those spaces with you. Its worth wondering how climate may be impacting their individual lives.



*Andrea S. H. Hunt.*

If you find an injured or orphaned wild bird or animal in distress, please contact the Calgary Wildlife Rehabilitation Society at 403-214-1312 for tips, instructions and advice, or look at the website at [www.calgarywildlife.org](http://www.calgarywildlife.org) for more information.

*Jenna McFarland*

### Did You Know... These Facts About January

- January's birthstone is garnet, which represents constancy.
- The zodiac signs for January are Capricorn (December 22 - January 19) and Aquarius (January 20 - February 18).
- The flowers of January are snowdrop & carnation.
- The name January came from the Roman god Janus.
- January was known as the wolf month to the Anglo-Saxons because in winter, wolves came into the villages to search for food.
- In the Southern Hemisphere, January is the warmest month.

# Calgary Connection

### **Volunteer Calgary:**

Visit the “Volunteer” page of [www.propellus.org](http://www.propellus.org) for volunteer opportunities in Calgary.

### **Home-Start:**

Home-Start is a free program coordinated by Boys and Girls Clubs of Calgary that offers to support to families with young children, who may be experiencing a variety of issues such as: feeling alone, caring for twins and triplets, postpartum depression, being new to Canada, parenting and/or family stresses, illness in the family. Interested in getting involved? For more information or to learn about upcoming training sessions, visit our website at [www.boysandgirlsclubsofcalgary.ca](http://www.boysandgirlsclubsofcalgary.ca).

### **Mentor Volunteers Needed at Hull Services:**

Mentors provide our kids with encouragement and guidance in making healthy choices. They help our young people realize their strengths, see that they are important and that they matter. “When close and caring relationships are placed at the center of a youth intervention, positive and healthy development happens.” Jean E. Rhodes, PHD. Join us in helping our youth lead healthy, productive lives and contact Jacky at [jsanderson@hullservices.ca](mailto:jsanderson@hullservices.ca) or 403-238-7974 or visit [www.hullservices.ca](http://www.hullservices.ca).

### **Making an Impact in Your Community - Supportive Home Providers**

Research shows that youth enter homelessness largely due to conflicts at home. What starts with couch surfing with friends to avoid going home, can escalate to prolonged episodes of homelessness. Youth can quickly become entrenched in street life. Supportive housing requires individuals who provide a safe and caring home to successfully transition youth into independence. Please call McMan Calgary & Area for further information. 403-508-7751.

### **+ 55 Connections Social Club**

Are you single and 55 years of age or over? Are you near retirement or already retired? Are you interested in expanding your social network? Meet us for coffee any Thursday at 10:30 am. Enjoy a comfortable atmosphere. Meet others who have similar interests. Find out about monthly planned activities. Please note: this is not a matchmaking service. For more information. Call Sylvia at 403 281 0667 or Joan at 403-242-7793

### **Youth Employment Centre**

Do you know someone aged 15-24 who is looking for work? The City of Calgary’s Youth Employment Centre (YEC) offers year-round services and resources to help youth, secure employment and take the first step in their career. Youth who need support with their job search or career development are encouraged to drop by the office at 315 - 10 Avenue S.E. or visit [youthemploymentcentre.ca](http://youthemploymentcentre.ca).

### **Silver Springs 13th LEGO Competition**

Silver Springs Community Association will be hosting its 13th Annual LEGO Competition on January 26, 2019. We have age categories for 2 yrs to 102 yrs! Call to get your-self registered! Contestants create their LEGO entry at home in one of our 4 categories: Structures, Transportation, Cool Scenes and Space (spaceships, aliens, planets, etc. For registration forms and more information on the event check out our website or give us a call to register. [www.silverspringscommunity.ca](http://www.silverspringscommunity.ca) 403-288-2616

### **Women’s English & Social Group**

Improve your English and meet new women at a New Friends and Neighbourhood Group. We have 16 group locations in the city. Groups meet once a week for 2 hours to practice English, make friends and have fun! No cost, no immigration requirements and no minimum English. Free childcare provided for children 6 months to 6 years old. Visit [www.ciwa-online.com](http://www.ciwa-online.com) or contact Debra Colley at [debrac@ciwa-online.com](mailto:debrac@ciwa-online.com) or 403-444-1752



# Calling for Calgary Awards Nominations

The Calgary Awards is one of the largest citizen recognition programs in our city. The City of Calgary established the Calgary Awards in 1994 to celebrate and recognize outstanding achievements and contributions made by Calgarians in the previous year. Each year, individuals, corporations, community groups and organizations are nominated in five major award categories, for a total of 13 awards.

The City of Calgary encourages all Calgarians to look to their neighbours, colleagues, community leaders, local organizations and businesses for those who could qualify as recipients of the Calgary Awards.

The Calgary Awards are for Calgarians. Individuals, businesses, not-for-profit organizations, community groups and other organizations can all be nominated. For additional information, nomination criteria and the online application form visit: [calgary.ca/calgaryawards](http://calgary.ca/calgaryawards)

phoning 403-268-8881, or e-mail [calgaryawards@calgary.ca](mailto:calgaryawards@calgary.ca). Nominations open on Wednesday, January 16, 2019.

### Fun Fact

The Calgary Awards began in 1994 as a Centennial project to commemorate Calgary's 100th year as a city and to recognize outstanding citizen achievements. The Calgary Awards celebrate Calgarians who have helped make Calgary the best place to live. Visit [calgary.ca/calgaryawards](http://calgary.ca/calgaryawards) for more information.

*City of Calgary*

## DID YOU KNOW??

The New Year is the oldest of all holidays, as it was first observed in ancient Babylon as many as 4000 years ago.





**Word Search**

BEGINNING	HOLIDAY
CALENDAR	HOURLASS
CELEBRATION	JANUARY
CHAMPAGNE	KISS
CHEERS	MIDNIGHT
CLOCK	MUSIC
CONFETTI	NEWYEAR
COUNTDOWN	NOISEMAKER
DANCE	PARTY
GOALS	RESOLUTION
HAPPY	STREAMERS

T	R	N	R	N	Y	S	L	H	Q	F	H	M	C	K	R	S	R
C	A	W	Q	O	I	T	X	U	J	D	I	W	R	D	X	C	H
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G	K	T	P	O	A	P	A	C	O	P	C	V	Y	A	I	A	F
J	S	M	H	H	Y	B	G	K	F	L	V	P	B	X	N	O	J
S	I	V	A	M	C	X	C	N	O	Z	U	C	B	V	D	C	N
K	D	U	U	Y	H	G	H	G	B	E	A	R	K	N	X	O	E

# Snow Angels

The snowflakes are about to arrive along with cold temperatures (brrr!). Why not start a community Snow Angel campaign? It's a great campaign to get involved and help neighbours. By shovelling snow for each other you can encourage other neighbours to take care of one another!

## Benefits of Snow Angels

1. People who are less mobile may fear losing the homes they love or having to leave the communities they've lived in for years if they are unable to keep their sidewalks clear. By removing snow for neighbours, you may be able to help them feel secure staying in their homes.
2. Paramedics experience a dramatic increase in heart-related calls after heavy snowfalls. Cold air and heavy lifting can cause strain on the heart which leads to cardiac distress, especially for the elderly or those with physical ailments.
3. Social isolation can contribute to a low quality of life. For some, daily interactions with Snow Angels provide a source of community inclusion and pride.
4. Neighbours who know each other are less likely to be victims of crime as people look out for those they know.

Remember residents have just 24 hours after a snow fall to remove snow from sidewalks adjacent to their property.

For more information, you can find it on the Federation of Calgary Communities website ([calgarycommunities.com](http://calgarycommunities.com)) under the Building Safe Communities menu item.

*A message from the Federation of Calgary Communities  
Building Safe Communities Program*



# Safety First: Tobogganing and Sledding

Winter is a great season to get outdoors, especially with the thrill of tobogganing and/or sledding!

Here is a list of helpful reminders if you decide to take part in this fun winter activity.

- **Inspect your ride:** Inspect all your equipment for any cracks or broken parts, this includes toboggan or sled, helmet and ensure that you can keep your equipment under control.
- **Be cautious:** Slide during the day time and in well-lit areas, be aware of potential hazards like holes, fences, trees and signs.
- **Ready, set, slide:** Ensure the path is clear, keep control and kneeling or sitting feet first face is the safest method to ride.
- **Maintained hills:** Did you know that the Parks and Bylaw don't allow tobogganing or sledding downhill in a city-maintained park? However, there are 20+ hills across the city that have been maintained for your safety. To find which hills are maintained for public use check the City's website at [www.calgary.ca](http://www.calgary.ca)

*A message from the Federation of Calgary Communities  
Building Safe Communities Program*

