

APRIL 2023

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your SANDSTONE MacEWAN

THE OFFICIAL SANDSTONE & MacEWAN COMMUNITY NEWSLETTER



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SANDSTONE MACEWAN

COMMUNITY ASSOCIATION

300 - 8120 Beddington Blvd. NW • Calgary, AB T3K 2A8
General Inquiries: info@sandstonemacewan.com
sandstonemacewan.com

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SANDSTONE MACEWAN

Community Association

sandstonemacewan.com

Becoming a member is easier than ever!

Visit sandstonemacewan.com/join or use your phone to scan the QR code below - all proceeds go back to supporting our community!



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

**SANDSTONE
VALLEY**



**MACEWAN
GLEN**



Sandstone/MacEwan Community Association Meetings

are held the second Thursday of the month
at 7:00 pm at the Berkshire Citadel-Sandarac Drive NW.
Everyone is welcome to attend.

RUNNER UP PHOTOS



Nose Hill Snow by Trevor Bacon

**SANDSTONE
MACEWAN**
Community Association

SHOW YOUR SUPPORT!
**PURCHASE YOUR COMMUNITY
MEMBERSHIP TODAY!**
Membership Application

Family Name: _____

Address: _____ Postal Code: _____

Phone: _____ Email: _____

Number of Residents: _____ Children's Ages: _____

Date: _____ Signature: _____

May we put you on a list of volunteers? Yes No

Membership Fees are:

\$20 per household per year, or \$50 for a 3 year membership

Make cheques payable to Sandstone/MacEwan Community Association

Mail or deliver to:

300 - 8120 Beddington Blvd. NW, Calgary, AB T3K 2A8

Email: memberships@sandstonemacewan.com

Memberships can be purchased

online at sandstonemacewan.com

For Office Use Only

Date Received: _____ Reg/Assoc

Card # Issued: _____ New/Renewal

Init: _____ Cash/Cheque

Source: _____ Rectified if Assoc:



News from the Friends of Nose Hill

by Anne Burke

There is an annual global community science competition to document urban diversity. Public bioblitzes will be held across Calgary with local stewardship groups. The challenge engages citizen scientists in finding and documenting plants, animals, and other living organism in urban areas. The 2023 City Nature Challenge involves taking pictures between April 28 and May 1 and then identifying them. Results will be announced on May 8. This will be the fifth year for Calgary region participation and there are awards for the top cities. For more information, go to inaturalist.ca/projects/city-nature-challenge-2023-calgary-metropolitan-region.

Although the City introduced two new program, Green Leader and Water Steward, its decision to temporarily discontinue its Adopt-a-Park program was unpopular. Now you can join the Parks Environmental Education team on a Green Initiative project to restore habitat with tree and shrub planting, tree wiring, weed pulling, or painting projects. These group projects are seasonal (May to October) and typically require a 3-to-4-hour commitment. A screening policy is in place, which may include checks by police. Once accepted, volunteers receive orientation, training, and other support. For more information and to register, please call 3-1-1.



the Gutter Doctor

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Sandstone MacEwan Community Garden

Are you looking for a plot to grow your own food? Do you want to connect with a supportive network of green thumbs?

The 2023 garden plots are available to rent for the gardening season. Beds open May 1/23.

Location: In behind Salvation Army Berkshire citadel Church, 222 Sandarac Drive

Fee: A valid community membership is required along with \$20 for bed rental. A garden agreement & garden rules must be signed with payment. Beds will not be held without payment.

Email info@sandstonemacewan.com





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COMETRYRINGETTE.CA

April 23
2:00-3:30PM
Flames Community Arena



Bicycle Helmet Safety

from Alberta Health Services

Head injuries are the leading cause of serious injury and death to kids on wheels*. Most injuries occur when a cyclist suffers a fall, strikes a stationary object, or collides with another cyclist/pedestrian. Remember – it's the law in Alberta that cyclists under the age of 18 must wear a helmet (and highly recommended for all ages). Helmets should be CSA approved and worn during recreational activities such as skateboarding, in-line skating, and cycling.

Getting informed

- Wearing a helmet while cycling can prevent a serious injury, or even save a life
- Brain injuries can cause permanent disability or death
- Reduce your risk by always wearing your helmet
- Replace any helmet that has been involved in a crash, even if it appears undamaged

Getting started

- Allow children to assist when buying their helmet
- Cyclists who choose their own helmet are more likely to wear them
- Start the habit early. Young children learning to ride tricycles need to wear helmets
- Parents must lead by example – always wear a helmet when cycling

Getting the right fit

- Take the time to properly fit and adjust your helmet to ensure maximum protection in case of a crash
- When worn properly, helmets should fit level, not tilted up, or down over the forehead
- Helmets should feel snug, but not too tight. To test the fit, the helmet should not fall off when you shake your head from side-to-side while the straps are unfastened
- Adjust the chin straps to form a "Y" below and slightly forward from the ears
- Only one finger should be able to fit under the chin strap when it is fastened
- Do not forget to use the sizing pads included with the helmet. They will help improve the overall fit, comfort, and safety.

* Parachute Canada: <http://www.parachutecanada.org/injury-topics/item/wheeled-activities1>.

Weekly Green Cart Returns End of April

from the City of Calgary



Weekly green cart pick up returns the last week of April. Check your schedule at calgary.ca/collection and sign up for reminders, including email, phone, or download the Calgary Garbage Day app.

As you clean up the yard, fill your green cart first, then put extra yard waste in paper yard waste bags. Roll the tops of the bags closed and set them at least two feet to the side of your green cart for collection.

Compost Giveaways

Compost will be available for pick up by online appointment from April 24 to June 10. Appointment bookings will be available on calgary.ca/compost starting April 10.

Your Patio Furniture Superstore!

YETI TRAEGER WEBER

Wicker Land Patio

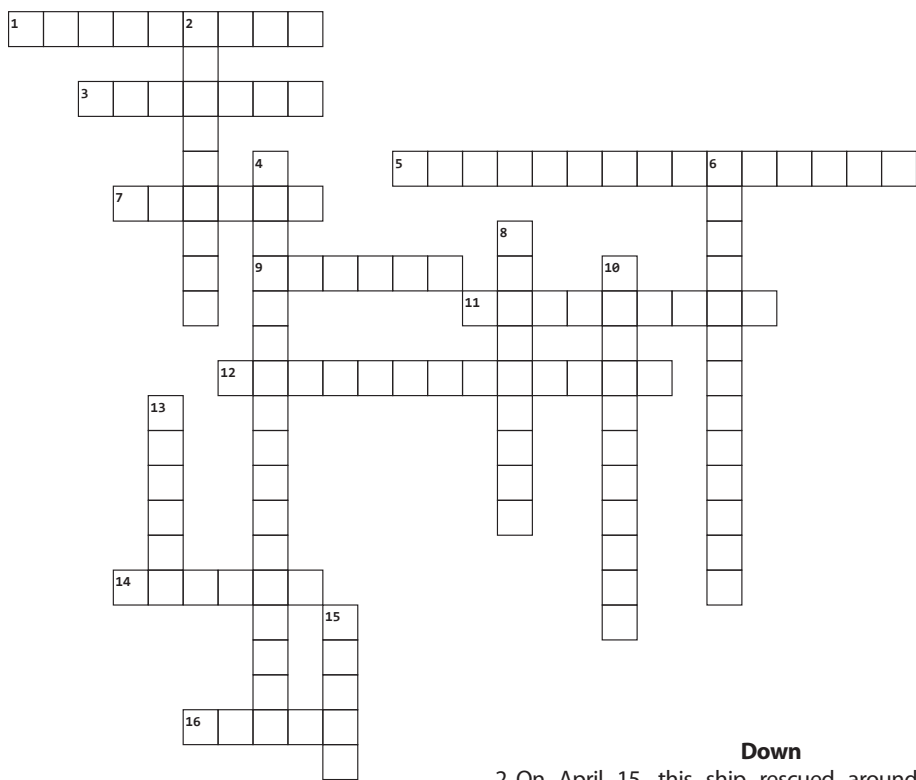
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WickerLand.ca



April Crossword Puzzle



Across

- 1. The smell that is caused by the mixture of rainwater and various earthly compounds.
- 3. Kids will leave these out for the Easter bunny in case he gets hungry.
- 5. Born on April 15, 1452, this artist's painting was famously stolen.
- 7. On April 11, this national observance advocates against animal violence and cruelty.
- 9. The Latin root for the word 'April.'
- 11. This Calgary-born competitive pair skater won gold at the 2002 Olympics with her partner David Pellettier.
- 12. This Vancouver-born actress is best-known for playing Robin Scherbatsky on the CBS sitcom *How I Met Your Mother*.
- 14. Literature lovers will know that April is National _____ Month.
- 16. A colourful and popular marshmallow Easter treat.

Down

- 2. On April 15, this ship rescued around 705 people from a famous shipwreck 595 km off the coast of Newfoundland.
- 4. What makes April 9, 1917, an important date to many Canadians?
- 6. It is said that this day began in 1852 when France started using the Gregorian calendar and the new year no longer began on April 1.
- 8. Born on April 21, 1816, she is the oldest Brontë sister and author of *Jane Eyre*.
- 10. This Chilean-American *The Last of Us* actor was born on April 2, 1975.
- 13. In the United States, spring is said to have arrived when this bird comes to town.
- 15. One of April's birth flowers that comes from the Old English phrase 'dæg-es-eage'.

SCAN THE QR CODE FOR
THE ANSWER KEY



Trivia: Calgary Edition

1. What year did the Calgary Flames win the Stanley Cup?
2. What was Calgary's original name?
3. What iconic indie pop duo hails from Calgary?
4. In 1969, what cocktail did Walter Chell invent in Calgary?
5. Who was Canada's flag bearer at Calgary's 1988 Winter Olympics?



SCAN THE QR CODE
FOR THE ANSWERS!



Bored? Think Twice Before Taking That Facebook Quiz

from the Better Business Bureau

Social media is used as a fun distraction for some people, and taking a Facebook quiz may seem like a harmless way to pass the time. But are you giving away more information than you think?

How the scam works

A fun quiz pops up on your Facebook feed or another social media platform. A few questions are answered to prove how well you know a friend. Or a short personality test is offered to match you with a character from a favourite TV show.

These quizzes appear to be meaningless, but the intent behind them is to collect information. For example, questions like: "What was the first car you owned?", "What is your mother's maiden name?", or "What is the name of the street you grew up on?" These are common security questions for insurance, banking, and credit card accounts. Sharing this information can lead to accounts being hacked, and personal and financial information being stolen.

Not all social media quizzes are data collection scams; however, BBB cautions users to be careful about what they share online and to check the privacy settings on the account. Social media data and quiz answers can be used to steal identity or enable a scammer to impersonate you to your friends and family.

Tips to avoid social media scams

- **Be skeptical:** Before answering a quiz, figure out who created it. Is it a brand you trust? Just because something appears to be fun and innocent, doesn't mean there isn't an inherent risk.
- **Adjust privacy settings:** Review the social media account's privacy settings and be strict about any information that is shared - and be mindful of who you are sharing it with.
- **Remove personal details from your profile:** Don't share information like your phone number or home address on social media accounts.
- **Don't give answers to common security questions:** Be cautious if the questions in a quiz ask for things like your mother's maiden name, street you grew up on, previously owned vehicles, favourite foods, or the name of your high school.
- **Monitor friend requests:** Don't accept friend requests from people you don't know. Also be wary of a second friend request from someone you are already connected with; the second profile may be an imposter trying to access your data and your friends list.

Read more at BBB.org.

BRAIN
GAMES

SUDOKU

8			5		1			9
			6		9	7		
		4		7				5
4	8							6
		2				4		
9							1	8
6				8		3		
		3	1		6			
7			3		5			2

SCAN THE QR CODE
FOR THE SOLUTION





Sandstone Real Estate Update

Last 12 Months Sandstone
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
February 2023	\$524,900	\$585,000
January 2023	\$462,500	\$467,500
December 2022	\$534,000	\$524,278
November 2022	\$409,800	\$406,800
October 2022	\$444,700	\$423,500
September 2022	\$486,400	\$465,000
August 2022	\$549,900	\$517,000
July 2022	\$520,000	\$522,000
June 2022	\$461,950	\$460,000
May 2022	\$538,950	\$541,000
April 2022	\$507,500	\$538,750
March 2022	\$540,000	\$550,000

Last 12 Months Sandstone
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
February 2023	6	2
January 2023	2	4
December 2022	1	2
November 2022	1	5
October 2022	5	8
September 2022	6	4
August 2022	6	9
July 2022	11	7
June 2022	15	14
May 2022	12	12
April 2022	11	12
March 2022	19	17

To view more detailed information that comprise the above
MLS averages please visit sand.mycalgary.com

MacEwan Real Estate Update

Last 12 Months MacEwan
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
February 2023	\$427,450	\$427,450
January 2023	\$407,450	\$386,000
December 2022	\$599,999	\$599,999
November 2022	\$499,150	\$499,500
October 2022	\$599,900	\$580,000
September 2022	\$504,900	\$492,000
August 2022	\$450,000	\$450,000
July 2022	\$585,000	\$577,500
June 2022	\$447,495	\$445,500
May 2022	\$472,450	\$489,500
April 2022	\$489,000	\$501,088
March 2022	\$465,000	\$499,000

Last 12 Months MacEwan
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
February 2023	2	4
January 2023	5	2
December 2022	1	3
November 2022	2	2
October 2022	3	7
September 2022	3	2
August 2022	8	5
July 2022	7	7
June 2022	5	8
May 2022	9	6
April 2022	6	7
March 2022	12	11

To view more detailed information that comprise the above
MLS averages please visit macg.mycalgary.com

SANDSTONE MACEWAN

Community Association

Support the SMCA Outdoor Rink Rebuild!

Our community rink is almost at the end of its life - it will need a complete rebuild & we're working with city to get it done. But the community association has to fundraise a large part of the cost to make it a reality.

We need your help.

Please visit our website
for donation, 50/50 raffle & project info:



sandstonemacewan.com/rinkrebuild

Canada's Newest Guidance on Alcohol and Health

from Alberta Health Services

Alcohol is one of the most common substances used among Canadians, including youth. Recently, the Canadian Centre on Substance Use and Addiction (CCSA) released an updated report on guidance around alcohol and health. This was in response to the growing evidence that alcohol is the leading preventable cause of many major health issues. The recommendations are a better approach to addressing alcohol related injuries and maintaining general wellness.

So, what are the facts?

- The main message is that drinking less is better. This presents differently for everyone.
- All levels of alcohol consumption are associated with some risk, but this risk increases with more alcohol.
- There are times in which no alcohol is the safest. This can include driving, using heavy machinery, trying to be or being pregnant, breastfeeding, using medications, and being responsible for the safety of others.
- A standard drink depends on the type of alcohol, the amount, and the percentage involved. For example, one standard drink can be either one 341 ml (12 oz) beer with 5% alcohol or one 142 ml (5 oz) glass of 12% wine.
- Cancer is the leading cause of death in Canada and alcohol is known to cause seven types of cancer.

So, what do we do with this information?

Take the time to look at your alcohol use to make healthier and informed choices. Reading this article and increasing your knowledge about the impact alcohol may have on your life is a great first step! If you are hoping to decrease your alcohol use, here are a few tips offered by CCSA:

- Explore activities that are alcohol-free or offer non-alcoholic alternatives.
- Slowly set realistic limits that you can implement during your day-to-day life.
- If you choose to drink, drink slowly and make sure to nourish yourself with food and water.
- Track your alcohol use with tracking tools on smartphones or in a journal. Perhaps make note of how you feel after you decide to drink or not.



Spring is just around the corner! Here are some topics and questions we've received from residents this past month. For more information or to contact my office directly, visit jasminemian.com.

Q: Any Update on the Hanson Ranch Wetlands?

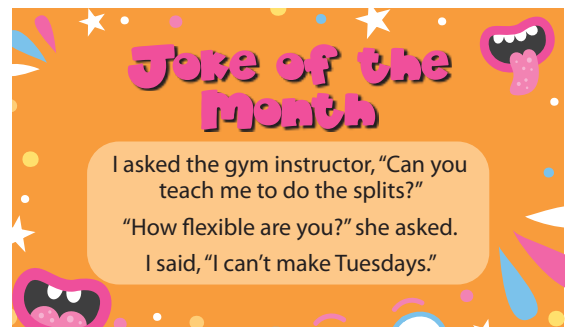
A: You may have noticed that throughout March, crews were out working on the wetland. Although construction is expected to begin in 2024, preliminary work is being done for permitting purposes. Investigate site work and environmental monitoring will continue periodically. Visit calgary.ca/hansonranchwetland for more information.

Keeping Storm Drains Clear This Spring

Storm drains (or catchbasins) are the main way stormwater gets into our underground pipes AKA our stormwater management system, so it's important we keep them clear! There are about 60,000 storm drains in Calgary which capture water off sidewalks, streets, and roads. The City has an online map that shows where storm drains are located and how to care for them: calgary.ca/stormdrains.

Green Calgary Rain Barrels

With springtime rain around the corner, rain barrel sales are happening right in Ward 3. Capturing rainwater keeps dirt and contaminants out of our rivers and helps our community stay resilient during dry weather by cutting down on water use. Grab yours for a discount on Saturday, June 10 at VIVO between 10:00 am and 2:00 pm. Pre-order at greencalgary.org starting April 1, 2023.



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27 Ways to Say No

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



Are you a people pleaser? Do you have trouble finding the words to say no? Maybe you just need some time to evaluate whether you want to say yes. Don't let others rush or pressure you into something you may not have the capacity for.

Here are 27 ways to say no or defer your answer:

- I am not comfortable with that.
- I have some other things that need my attention right now.
- I need to focus on myself/personal life/job.
- I'm sorry but I just don't feel qualified to help with that.
- I wish I could but I am unable to help.
- I can see you want my help but I am just unable to.
- I just don't have that to give right now.
- That sounds wonderful but I just can't commit.
- Gee, I wish I could, but I just can't right now.
- I'm sorry but I can't help you at this time.
- I'm just too occupied at this time, so I can't.
- Unfortunately, it's not a good time.
- Circle back to me in few weeks.
- I can't make it this month, week, day, year.
- Perhaps another time.
- I am not available for this.
- Sorry, this is something I can't do right now.
- I really appreciate you asking me, but I can't commit to that right now.
- Sorry, I can't make it, maybe another time.
- I'm afraid I don't have any open time for that/this.
- I can't as I have some other pressing commitments.
- I've filled my schedule.

- I'm really swamped right now.
- I'm so overwhelmed these days that I can't take on any more.
- Right now, I've got way too much on my plate.
- I'm not taking on any more work/tasks/projects at the moment.
- No.

*Remember that you do not have to provide any explanations for saying no.

People pleasers are constantly getting manipulated. You are not responsible for other people's emotions. Every time you say yes to something or someone, you are unwittingly saying no to someone or something else at the same time (usually your own needs). In trying to please everyone, you end up disappointing almost everyone, especially yourself.

People will actually learn to respect you more if you stay true to your values. It's empowering to say yes when you truly want to. You are of value; you have the right to say no.

The Day's Eyes

The daisy is April's birth flower, and its name is more than just pretty; it's symbolic. 'Daisy' comes from the Old English phrase 'dæges-eage,' which means 'day's eyes.' This is because each night as the sun goes down, daisies close their 'eyes' by pulling their petals inwards. In the morning, they reopen their petals, or 'eyes,' as the sun rises.

BEDDINGTON CHIROPRACTIC & MASSAGE

Two new chiropractors have joined our team and can't wait to help you achieve a happier, healthier, and pain-free lifestyle.



Dr. Sarah Brennan, D.C.

Dr. Sarah has special interest in working with women throughout all stages of motherhood, beginning in pregnancy and continuing with healing and rehab in the postpartum period. Sarah has completed several continuing education courses including the Webster technique which promotes proper pelvic alignment in pregnant mothers, BirthFit certification, Breastfeeding support for postpartum women, as well as special training in chiropractic care for infants and kids.

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