

FEBRUARY 2023

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THE OFFICIAL SANDSTONE & MacEWAN COMMUNITY NEWSLETTER



**SANDSTONE
MACEWAN**

Cover Photo by Colin May

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*Denotes Prof. Corp.

February Is Heart Month

Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing may make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack may significantly improve survival and recovery. February is Heart Month: take the time to be heart safe and learn how you can reduce your risk.

Common Signs of a Heart Attack

(Any, or all, of these signs and symptoms may occur)

- Chest discomfort described as simply a mild pressure up to a 'crushing' pain; may also be 'squeezing' or a 'heavy' sensation.
- Discomfort may move to the shoulders, arm, neck, or jaw.
- May include shortness of breath, sweating, or nausea/vomiting.
- Signs may vary person to person and can differ between men, women, and the elderly.

Heart Attack Risk Factors

- Obesity*
- Sedentary lifestyle*
- Smoking*
- High cholesterol*
- Age/Gender
- Family history

Speak with your doctor about how to treat your modifiable (*) risk factors and learn to be heart safe.

What To Do When Seconds Count

- Call 911, immediately. Early treatment can greatly reduce heart damage and be the difference between life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous, and perform an electrocardiogram (ECG).
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will share information with the hospital so that definitive treatment can begin immediately upon arrival.
- Take a CPR/AED course. Training is widely available from many reputable organizations. It's easy and could make a significant difference in the outcome of someone experiencing a heart attack.



SANDSTONE MACEWAN

COMMUNITY ASSOCIATION

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

EXECUTIVE DIRECTORS

President	Sue Coatham
1st Vice-President	Trevor Bacon
2nd Vice-President	Phil Nantais
Treasurer	Sharon Mazurkewich
Secretary	Willa Wu

DIRECTORS

Membership Director	Carolyn Gomez
Casino Director	Pinky Nantais
Newsletter Director	Trevor Bacon
Director at Large	Jennifer Bidlake Schroeder
Director at Large	Colin May
Director at Large	Karen Lessard

Girl Guides	Leslie Jones	403-275-7098
#224 Sandstone	Steve Herz	403-262-2871
Community	Angela Williams	angela.williams@calgary.ca
Partnerships		
Calgary Police	Const. Bruce Graham	bgraham@calgarypolice.ca



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!



To View Additional Sandstone and MacEwan Content

INCLUDING

- ▶ **News and Events**
- ▶ **Real Estate Statistics**
- ▶ **Crime Statistics**

and more...

SCAN HERE



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



Circle Moon by Colin May



Four Pucks by Kevin Swaby

**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:

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Email: memberships@sandstonemacewan.com

Memberships can be purchased

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Date Received: _____ Reg/Assoc

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Notes from the President

Happy New Year!

Congratulations to former Councillor, Gael McLeod, for winning the 50/50 raffle draw which was the first initiative in our efforts to raise funds to support the rebuild of the hockey rink.

We need volunteers to assist with the hockey rink ice. This rink is available to all individuals, regardless of age, so whether you play hockey or not, please consider volunteering. It typically works best to clean and flood in the evening; however, a flood can happen during the day if there are individuals available.

The new building at the Pleasure Rink on Sandstone Drive is complete. Unfortunately, we were unable to have our official opening, due to cold temperatures in December. Please look on our social media sites for updates on a date in February, when we hope the weather will be milder.

As we head into 2023, I provide a brief recap of the past year's activities for our communities. It was an incredibly busy year for the Board Members, and I want to thank them, once again, for the many hours they tirelessly dedicated to Sandstone and MacEwan.

On May 7, we shovelled yards of compost into the buckets and bins of hundreds of eager gardeners who had lined up. Thanks again to Wayne Watson for organizing this event and to Nick Bencsik from Big Man Landscaping.

On May 14, a group of volunteers transformed the old playground at the Berkshire Citadel Church into the Sandstone MacEwan Community Gardens. Director Karen Lessard was the primary individual who helped us realize this excellent and now well-used initiative. Please contact us if you are interested in renting a garden bed for the price of a membership.

Yoga was held in the Berkshire Citadel Church this past spring and at MacEwan Park this summer. It was very popular at both locations. The winter yoga session started at the Berkshire Church on January 14 and will be held every Saturday, starting at 9:30 am, until June.

Those living near Sandstone Park would have seen the demolition of the small, brown shed that had been there for over 25 years. In its place is a building that will house our skate exchange program. Currently, we have roughly 30 pairs of skates, in assorted sizes (including figure skates), and are looking to increase the inventory.

In June we hosted the community cleanup that was well received. Tons of garbage and items for recycling were removed from our communities.

Sabey Landscaping were hired to place and plant our permanent planters in seven different locations. We hope you are enjoying both the summer and winter displays.

Our Annual General Meeting was held November 17, 2022, and the list of new Board Members are as follows:


Sue Coatham	President
Trevor Bacon	Vice - President and Newsletter Director
Phil Nantais	2nd Vice-President
Willa Wu	Secretary
Sharon Mazurkewich	Treasurer
Jennifer Bidlake-Schroeder	Director at Large
Carolyn Gomez	Membership Director
Pinky Nantais	Casino Director
Colin May	Director at Large
Karen Lessard	Garden Director

Please contact us on our website or our social media sites including Facebook SMCA, Twitter @sandstonemac, or <https://www.instagram.com/sandstonemacewan/>. Look for our occasional emails with our updates and email us at info@sandstonemacewan.com to be included in this distribution list.

Sue Coatham

President, SMCA

president@sandstonemacewan.com



9 PM
ROUTINE

☒ **CHECKLIST**

- Remove valuables & garage door openers from vehicles
- Lock vehicles
- Close overhead garage door
- Lock door between garage & house
- Close & lock all external doors
- Ensure windows are shut
- Turn on exterior light

Auto Theft



The theft of your automobile is only the start of your nightmare. Items left inside the vehicle such as cellphones, radar detectors, iPods, etc. will be stolen as well. Your personal papers may be used to commit further crimes including credit card fraud, cheque forgery, etc. Garage door openers may be used in house break-ins, including your own. You'll have to find alternate transportation and may have to replace the stolen vehicle altogether. It can take less than a minute for a criminal to break into your vehicle and steal it. Cars are stolen each day in Calgary; no neighbourhood is immune.

Not only does auto theft cost the victim time and money, but it costs society, because it drives insurance premiums up. As well, many times stolen vehicles are used to commit other crimes.

Between January 1 and December 31, 2021, there were 1,801 vehicles stolen in Calgary, much below our normal. As of December 16, 2022, Calgary Police Service has reported 3,392 vehicles stolen (<https://data.calgary.ca/Health-and-Safety/Community-Crime-Data-Lens/syxs5a6>).

Here are some tips you can use to avoid being the victim of a car thief:

1. Always close the windows, lock the doors, and pocket the key, even if your vehicle is parked in front of your home.
2. Don't leave vehicle registration, insurance policies, credit cards, or other valuable papers in the glove compartment. Keep them in your wallet or purse.
3. Copy your license plate and vehicle information (VIN) numbers on a card and keep them with you. If your vehicle is stolen, the police will need this information to take a report.
4. Don't place any personal information on the vehicle's key ring.
5. Never leave valuables in plain view, even if your car is locked. They attract thieves. Put them in the trunk, out of sight.
6. Never hide a second set of keys in or on the vehicle. Thieves know all the hiding places. Store a spare key in your wallet.
7. Always park in well-lit areas with plenty of pedestrian traffic, when possible.
8. Many vehicles today come with some type of security system from the factory. Normally there are upgraded systems available if you ask. The best choices are systems that shut off the fuel supply so that a car can't be started or driven. Other security systems include:
 - an electronic vehicle disabling device
 - a steering wheel locking device
 - a vehicle alarm
 - a hood locking device
9. Never leave your car running unattended, even to dash into a business, store, or warming up in the winter. Vehicles are commonly stolen at ATM's, convenience stores, etc.
10. If you have a garage, use it, and lock the garage doors. Also, lock your vehicle, even when it is parked in the garage.
11. If you see suspicious people in or around motor vehicles, call the police. Call 403-266-1234 if it isn't an emergency. If it is an emergency, such as a life and death situation, injury accident, or a crime in progress, call 911.
12. If your vehicle is stolen, report it to the police immediately.



SMCA Needs Rink Rat Volunteers for the Sandstone MacEwan Rinks!

**Have a hose fetish?
Wish you could water during winter?
If you've got a couple hours a week to volunteer
at either of our community rinks we've got the hoses!**

**Join the SMCA Rink Rat team today and indulge
in cold air conduct while having some hose fun!!**

**To sign up email us at
info@sandstonemacewan.com**

**SANDSTONE
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News from the Friends of Nose Hill

by Anne Burke

Calgary's Pathway and River Cleanup will be May 5 to 7, 2023. Volunteers will receive safety information and training prior to event day.

During the annual cleanup event, they help remove litter in Calgary's parks, greenspaces, along pathways, and riverbanks. Registration for returning volunteers is from February 15 to March 8, 2023, and registration for new volunteers is from March 13 to March 31, 2023. They may register in groups of at least ten, identifying a leader and a designated cleanup area. Anyone without a group is assigned to a City team at one of three designated parks.

Last year, there were four areas assigned for cleanup in Nose Hill Park:

Nose Hill West: Shaganappi Trail/Edgemont Blvd parking lot, to head south along pathway beside Shaganappi Trail, stay to right at trail junctions, south to John Laurie/Brisebois Drive parking lot.

Nose Hill East: parking lot at 64 Ave NW and 14 St NW - to clean trails south to 14 St NW parking lot.

Nose Hill North: Shaganappi Trail/Edgemont Blvd parking lot east to 14 St Berkley Gate parking lot (and stay left at paved trail junctions).

Nose Hill - 64 Ave: Nose Hill, 64 Ave Parking lot.

During the cleanup, volunteers remove the litter in their assigned locations and collect it in bags, which are placed beside pathways or in City garbage bins. City staff pick up and transport them to a designated dump site where they are properly disposed of by City Waste and Recycling Services. If you have any questions about volunteering for the 2023 Pathway and River Cleanup, or garbage bags have not been picked up, please contact 3-1-1. Join the conversation on cleanup day and see photos from the events by searching #yyccleans.



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Sandstone Real Estate Update

Last 12 Months Sandstone
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
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
February 2022	\$498,000	\$528,500
January 2022	\$472,500	\$472,500

Last 12 Months Sandstone
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
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
February 2022	15	9
January 2022	4	6

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
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
February 2022	\$449,900	\$465,000
January 2022	\$479,900	\$487,875

Last 12 Months MacEwan
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
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
February 2022	9	9
January 2022	6	6

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

RESIDENT PERSPECTIVES

Stargazing with Pat J: Celestial Bumper Cars

by Patricia Jeffery © 2022, Calgary Centre of the Royal Astronomical Society of Canada

While the Moon and planets may appear to peacefully traverse the night sky, in reality, all have been victims of catastrophic fender-benders with their solar system siblings.

Venus: Every planet spins anti-clockwise; except for Venus. Sometime in the distant past, something knocked Venus completely upside down, causing it to appear to rotate backwards; where the sun rises in the west and sets in the east. Equally weird, its axis rotation is so slow that a Venus day is longer than its year.

Earth: A Mars-sized object named Theia collided with Earth about 4.5 billion years ago. The gigantic impact blasted material into orbit which eventually consolidated into our Moon. The collision is also thought to be the reason Earth is tilted 23.5 degrees which is a good thing for us as otherwise there would be no seasons.

Saturn's Moon Mimas: The object that nearly destroyed Mimas left an impact crater 130 kms across; a comparable crater on Earth would be wider than Australia.

Uranus: All planets in the Solar system are tilted to some degree, but Uranus takes it to a whole new level. Early in life, a collision with an Earth-sized object left it with a tilt of almost 98 degrees; meaning Uranus is literally lying on its side.

As a result of the extreme tilt, summer on Uranus is 21 years of continuous sunshine while winter is 21 years of complete darkness. Despite being closer to the Sun than Neptune, Uranus is the coldest planet in the solar system at -224 degrees Celsius. And you thought our Canadian winters were bad.

***Asteroid Belt:** Located between Mars and Jupiter, these rocky fragments are not from a smashed planet, but merely material left over from when the solar system formed.





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MLA Calgary – Beddington
Hon. Josephine Pon
 106 – 8220 Centre Street NE
 Calgary, AB T3K 1J7
 ☎ 403-215-7710
 ✉ calgary.beddington@assembly.ab.ca

Dear Neighbours,

Time flies! I can't believe that we are in February already! January was a wonderful month of connecting in the community and celebrating Chinese New Year with all of you! Stay tuned on social media for more fun events coming this month.

Healthcare Action Plan

Help is on the way for Albertans calling 911 and for those needing emergency health care. As part of the Healthcare Action Plan, Alberta's government is working with Alberta Health Services to improve EMS response times and open acute care beds in emergency departments faster.

Paramedics are highly skilled health professionals who are trained to respond in times of crisis. Our government wants to ensure their skills are being used in the best way possible, while also ensuring Albertans are not left waiting after a call to 911. Instead of using ambulances for patients who do not require medical support during transport, AHS will arrange for alternative transportation. This would utilize options like community shuttles and wheelchair accessible taxis for patients who need to be transported back home. Using EMS more efficiently means that they will be on the road and available for emergency calls instead of being needlessly tied-up when medical care is not needed.

This new program is one of several actions underway designed to better serve Albertans. AHS has an aggressive plan to improve four priority areas and is taking steps to reduce pressures and improve system performance. This includes improving EMS response times, decreasing emergency department wait times, reducing wait times for surgeries, and improving overall patient flow and capacity.

Our government is also working with AHS to take further action, including adding a triage physician to emergency department waiting rooms to support patient offloads, and allowing paramedics to assess and treat patients without having to transport them to a hospital.

Our United Conservative government is taking action to address areas that need improvement in our healthcare system so that Albertans can get emergency care when and where they need it.

Sincerely,

Josephine Pon
 MLA Calgary-Beddington

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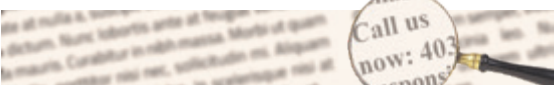
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Screen Time: Finding a Balance

Many families enjoy watching a favourite television show or movie together, but it is easy for children to spend too much time alone with a TV, computer, or video game. How do you know when it's time to cut back screen time?

The Canadian Pediatric Society recommends: no screen time for children under two years old, less than one hour of screen time daily for children between the ages of two and four, and less than two hours of screen time per day for older children.

Too much screen time can limit time for physical activity, reading, schoolwork, and talking with family and friends. But you can help your children develop healthy habits by monitoring screen time and teaching them to use media safely and wisely.

Keeping Track of Screen Time

- Have a central spot in your home to keep all your devices. This will help keep track of screen time.
- Make a family TV show schedule together and post it where everyone can see it (e.g., on the fridge).
- Make sure that you all agree on the plan. For example, agree on no screens during meals so everyone knows what's OK to watch and when it's OK to watch it.

Lead by Example

- When someone is talking to you, stop looking at the screen and look at the person. Encourage your children to do the same.
- When you play or read with your child, turn off the TV and other screens. Even a show playing in the background matters. It distracts you and your child from learning the most from the activities you share.
- Show your children how to lead a balanced life between screen time and other activities.
- Make screen time active—play during commercials and choose shows that get your family up and moving.

Focus On Family Time

- Make a list of other activities so your family doesn't rely on screens for entertainment. Include outdoor activities, playing, and reading in your family's daily routine.



- At mealtimes, put your media devices aside. Use the time to talk to each other.
- Make at least one night each week a family night. That means no screens. Play card or board games, read together, or go to an event.
- Go for a walk or bike ride as a family.
- Go to the library for a story time or to check out a book.

Use Screen Time to Learn

- Help your child learn by watching and talking about TV shows together.
- Choose TV shows that:
 - Repeat ideas to help kids learn.
 - Pause and ask kids to join in.
 - Teach only one message at a time.

Cutting back on screen time is very difficult to do, and while you may want to cut back, this may not be a good time for you. If you cannot start now, perhaps you can think about doing it later.

Remember that you can control how fast you make any changes. Making small, gradual changes to what and how much you watch on TV and other screens will help you and your child maintain the changes. The decision to change and how you do it are up to you. You can find a way that works for your family.

When you are ready to try, your doctor can give you information and support to help.



Please allow us to introduce ourselves! We are
RAINBOW ELDERS CALGARY

A support group for 2SLGBTQ+ seniors



Rainbow Elders Calgary is a volunteer-run organization determined to make a significant difference in the lives of 2SLGBTQ+ seniors. We work to provide support and address issues such as social isolation, housing, and loneliness.

As seniors, we also believe that we have a responsibility to connect with and be role models for our vulnerable 2SLGBTQ+ youth.

We invite you to get to know us as we make major differences in the lives of both young and older members of our queer community.

To discover more, please contact us!

email: rainbowelderscalgary@gmail.com

www.rainbowelderscalgary.ca

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