

JANUARY 2023

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# your SANDSTONE MacEWAN

THE OFFICIAL SANDSTONE & MacEWAN COMMUNITY NEWSLETTER



Cover Photo by Kevin Swaby

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# SANDSTONE MACEWAN

## COMMUNITY ASSOCIATION

300 - 8120 Beddington Blvd. NW • Calgary, AB T3K 2A8  
General Inquiries: [info@sandstonemacewan.com](mailto:info@sandstonemacewan.com)  
[sandstonemacewan.com](http://sandstonemacewan.com)

### EXECUTIVE DIRECTORS

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#224 Sandstone	Steve Herz	403-262-2871
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Calgary Police	Const. Bruce Graham	<a href="mailto:bgraham@calgarypolice.ca">bgraham@calgarypolice.ca</a>



# SANDSTONE MACEWAN

*Community Association*

[sandstonemacewan.com](http://sandstonemacewan.com)

Becoming a member is easier than ever!

Visit [sandstonemacewan.com/join](http://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



*Happy Chinese New Year by Trevor B.*



*Owl by Kayla N.*



*Christmas Island by Mike M.*

**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](mailto:memberships@sandstonemacewan.com)

**Memberships can be purchased**

**online at [sandstonemacewan.com](http://sandstonemacewan.com)**

**For Office Use Only**

Date Received: \_\_\_\_\_ Reg/Assoc

Card # Issued: \_\_\_\_\_ New/Renewal

Init: \_\_\_\_\_ Cash/Cheque

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## News from the Friends of Nose Hill

by Anne Burke

The Calgary Naturalists' Club was started in the late 1940s. Its activities included plant, bird, and star study groups. After the Calgary Bird Club was formed, the Calgary Naturalists' Club was discontinued, due to lack of support, since so many of its members had transferred their membership. The Calgary Bird Club evolved and became the Calgary Field Naturalists' Society, an advocate for the ongoing protection of parks and other natural areas by letters and through engagement with city officials.

According to the Provincial Archives of Alberta, when the first meeting of the Federation of Alberta Naturalists was held, it was attended by representatives from six regional naturalist clubs: the Calgary Field Naturalists' Society (now known as Nature Calgary), the Edmonton Bird Club, the Edmonton Natural History Club, the Lethbridge Natural History Society, the Alberta Natural History Society (of Red Deer), and the Bow Valley Naturalists. Membership in the Federation has since grown to include over 40 clubs, representing thousands of individuals.

The Federation (now known as Nature Alberta) was registered under the Societies Act to increase knowledge of natural history and understanding of ecological processes; to promote the exchange of information and views among natural history clubs and societies; and to foster and assist in the formation of additional natural history clubs and societies in Alberta. The aims are to promote new natural areas and nature reserves; to conserve and protect species, communities, or other features of interest; as well as to organize or coordinate conferences, field meetings, nature camps, research, and other activities. The group offers naturalists a forum in which questions relating to the conservation of the natural environment may be discussed, united positions are developed, and the means of translating these positions are put into action.

## SAFE & SOUND

### Sledding Safety

by Alberta Health Services, EMS

Emergency Medical Services (EMS) would like to remind parents and children about a few toboggan/sledding safety tips as the winter season continues. 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.
- Tobogganing at night is not advised.

#### Plan Ahead

- Dress warmly in layers and anticipate weather changes.
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones.
- Take breaks out of the cold to warm up.
- Attempt to cover any exposed skin.
- 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.
- If frost bite has occurred, treat it by first removing the individual out of the cold environment. 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.



## **Volunteers needed for the Sandstone MacEwan Casino!**

**Your community association relies on our annual casino to fund most of the activities and events in our community. If you can spare a few hours to volunteer at the Cowboys Casino during the day or night of January 19 or 20, 2023 please email us at [casino@sandstonemacewan.com](mailto:casino@sandstonemacewan.com)**

**No Experience Needed.**



## **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](mailto:info@sandstonemacewan.com)**

**SANDSTONE  
MACEWAN**  
*Community Association*



## Fly Safely on Your Vacation

from the Better Business Bureau



Are you thinking about traveling by air for a few days?

### **Before Clicking the Button to Buy Tickets, BBB Recommends the Following:**

- Check current requirements for domestic and international travel. In Canada, look for Canadian travel advisories.
- Make sure everyone who is traveling has the appropriate ID. Make certain parties traveling together have a current compliant ID as required by the provinces or countries you're traveling to.
- Read all cancellation policies carefully. Not all situations require a full refund of the ticket value and fees if your flight is canceled. Each online travel agency, airline, and broker is different.
- Book tickets only after reviewing travel restrictions. Save time and stress by reading the updated status of restrictions on the Health Canada website.
- Consider trip insurance. Have a complete understanding of what the policy does and does not cover.

- Be an informed traveler. Refer to the Department of Transportation website for details on consumer issues, filing complaints, and other aviation information.
- Avoid hidden fees. Read the fine print!

Flying isn't the only aspect of your trip to consider.

### **Here Are Some Other Travel-Related Resources from BBB:**

- **Rental cars:** Make your next car rental experience a little easier.
- **Hotel rooms:** Learn what to keep in mind when booking a hotel room.
- **Travel agents:** Know what to look for in a travel agent and find one near you.

During the holiday or any time of year, find ways to travel safely and avoid scams. If you plan to travel to or from Canada, check for travel advisories. Remember to report any suspicious activities to BBB Scam Tracker and sign up for Scam Alerts.

For more information go to [BBB.org](https://www.bbb.org).



## Sandstone Real Estate Update

Last 12 Months Sandstone  
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
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
December 2021	\$488,950	\$479,500

Last 12 Months Sandstone  
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
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
December 2021	4	6

To view more detailed information that comprise the above  
MLS averages please visit [sand.mycalgary.com](https://sand.mycalgary.com)

## MacEwan Real Estate Update

Last 12 Months MacEwan  
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
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
December 2021	\$394,450	\$400,000

Last 12 Months MacEwan  
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
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
December 2021	3	2

To view more detailed information that comprise the above  
MLS averages please visit [macg.mycalgary.com](https://macg.mycalgary.com)

# SANDSTONE MACEWAN

*Community Association*

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## Support the SMCA Outdoor Rink Rebuild!

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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](https://sandstonemacewan.com/rinkrebuild)**



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



**Councillor, Ward 3**  
**Jasmine Mian**  
✉ ward03@calgary.ca 🌐 jasminemian.ca  
f @jasminemian @jasmine.mian  
t @jasmine\_mian

Dear Friends and Neighbours,

December was a fantastic month in Calgary-Beddington. I was privileged to award 20 outstanding citizens in our community with the Queen's Platinum Jubilee Medal. A big thanks for their dedication to community and volunteerism.

I was delighted to take part in the many Christmas Markets and events in our neighbourhoods. I hosted a holiday luncheon and was humbled and excited to see so many of you come out to talk and share your ideas with me.

As we bid farewell to 2022 and ring in the new year, affordability remains one of the primary challenges facing Canadians from coast-to-coast as we grapple with an inflation driven cost-of-living crisis.

Here in Alberta, we know families are counting on the United Conservative government to take decisive action to address the rising cost of living. That is why we did not hesitate to announce a package of supports that will keep more money in the pockets of all Albertans.

The measures announced so far include, extending the fuel tax cut; taking action on utilities, including expanding the electricity rebate to a total of up to \$500; reindexing benefits like AISH, PDD, and Income Support, as well as the Alberta Seniors Benefit and the Alberta Child and Family Benefit; providing targeted payments for kids under 18, seniors 65 and over, and vulnerable Albertans with household incomes below \$180,000; and providing additional support for low-income transit programs.

Our government is in position to provide this significant financial help because of our balanced budget and strong fiscal position. Fighting inflation and tackling the cost-of-living crisis facing Albertans are top priorities for our United Conservative government. Our multi-billion-dollar inflation-relief package will help offset costs for families, seniors, and get our most vulnerable through this challenging time.

Our commitment to fiscal discipline and economic growth is allowing us to provide help for Albertans while we pay down our debt, lower the debt burden, and save for the future.

Wishing you and your families all the best in 2023.

Sincerely,

*Josephine Pon*  
MLA Calgary-Beddington

Here are a few of the most common questions we've received from residents this past month. For more information, please visit the FAQ page at [jasminemian.com](http://jasminemian.com) or contact my office directly.

**Q:** What's happening with the TELUS FibreOptic construction over the winter months?

**A:** TELUS will be sending mailouts to all affected homes before the end of the year. Work sites are currently being cleaned for the winter break (December 21 to January 3). A reminder notice will be sent in February before the spring construction begins once again.

**Q:** What is going on with the new roundabout in Hidden Valley?

**A:** The roundabout (installed at Hidden Creek Dr and Hidden Creek Way) is nearly complete with recently updated appropriate signs. It has been installed to reduce speeding concerns occurring at this intersection. The temporary structure is in place so that traffic evaluation can be done regarding the reduction of speeding and other safety concerns. Once data is collected, the City will evaluate its necessity and effectiveness.

**Q:** Any update on the vandalized bus shelters in the ward?

**A:** Calgary Police Service recently confirmed that three sixteen-year-old males were charged in Coventry Hills. Additional suspects in other communities are being investigated. The vandalized locations will be repaired with normal materials to shelter residents in the immediate weather. The City is also piloting new materials at a location in Ward 3 to determine long term viability.

**Disclaimer:** The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

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Calgary Nose Hill  
**Hon. Michelle Rempel Garner, MP**  
 115 – 70 Country Hills Landing NW  
 Calgary, AB T3K 2L2  
 📞 403-216-7777  
 ✉️ michelle.rempel@parl.gc.ca  
 🌐 www.michellerempel.ca

Happy New Year. While the last year continued to present challenges for many in our community it is my hope that 2023 will see positive change.

Thank you to the many individuals in our community who supported the NHCA's 'Gift of Joy' program by donating a toy or gift for families in need. I was proud to partner with them for this important initiative – especially during these challenging economic times. Thank you to the many organizations and volunteers that are supporting individuals in our community.

As Parliament resumes later this month, I remain focused on the issue of inflation and the affordability crisis that so many are dealing with. As your voice in Ottawa, I am committed to finding real solutions to the challenges facing those in Calgary.

I continue to hear from residents who are very concerned about their employment situation. As such, I was proud to sponsor a petition calling on the federal government to create more jobs in western Canada. This petition is available for signature until January 27 and can be found on my website at <https://mprempe.ca/petitions>.

I expect to see a federal budget later this spring and will be conducting pre-budget consultations in our community. Should you have any information that you wish to add, please do not hesitate to contact me at [michelle.rempel@parl.gc.ca](mailto:michelle.rempel@parl.gc.ca).

*The Hon. Michelle Rempel Garner*  
 Member of Parliament  
 Calgary Nose Hill



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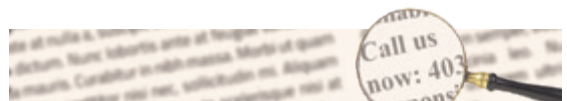
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# The Nine Superpowers of a Hug

by Nancy Bergeron RPsych | [info@nancybergeron.ca](mailto:info@nancybergeron.ca)



The past few years of limited physical contact have taken their toll as something essential has been missing. We celebrate, comfort, and show our affection with it. Yes, I'm speaking of a simple hug. The average length of a hug is three seconds. However, when a hug lasts at least 20 seconds, there is a therapeutic effect on the body and mind. Psychotherapist Virginia Satir stated, "We need four hugs a day for survival. We need eight hugs a day for maintenance. We need 12 hugs a day for growth." There is a great deal of scientific evidence related to the importance of hugs and physical contact. Here are nine of their superpowers:

### 1. Stimulates Oxytocin

Oxytocin is a neurotransmitter that affects the brain's emotional centre, promoting feelings of contentment, reducing anxiety and stress, and even making mammals monogamous. When we hug someone, oxytocin is released into our bodies by our pituitary gland, lowering both our heart rates and our cortisol levels. Cortisol is the hormone responsible for stress, high blood pressure, and heart disease.

### 2. Cultivates Patience

A hug is one of the easiest ways to show appreciation and acknowledgement of another person. The world is a busy, hustling-bustling place. By slowing down and taking a moment to offer sincere hugs throughout the day, we're benefiting ourselves, others, and cultivating better patience within ourselves.

### 3. Prevents Disease

Hugs have a direct response on the reduction of stress which prevents many diseases. The Touch Research Institute at the University of Miami School of Medicine says it has carried out more than 100 studies into touch and found evidence of significant effects, including faster growth in premature babies, reduced pain, decreased autoimmune disease symptoms, lowered glucose levels in children with diabetes, and improved immune systems in people with cancer.

### 4. Stimulates Thymus Gland

Hugs strengthen the immune system. The gentle pressure on the sternum and the emotional charge this creates activates the Solar Plexus Chakra. This stimulates the thymus gland, which regulates and balances the body's production of white blood cells, which keep you healthy and disease free.

### 5. Nonverbal Communication

Almost 70 percent of communication is nonverbal. The interpretation of body language can be based on a single gesture and hugging is an excellent method of expressing yourself nonverbally to another human being.

### 6. Boosts Self-Esteem

Hugging boosts self-esteem, especially in children. Tactile sense is all-important in infants. A baby recognizes its parents initially by touch. From the time we're born, our family's touch shows us that we're loved and special. The association of self-worth and tactile sensations from our early years are still imbedded in our nervous system as adults. The cuddles we received from our mom and dad while growing up remain imprinted at a cellular level, and hugs remind us at a somatic level of that. Hugs, therefore, connect us to our ability to self-love.

### 7. Stimulates Dopamine

Low dopamine levels play a role in the neurodegenerative disease Parkinson's, as well as mood disorders such as depression. Dopamine is responsible for giving us that feel-good feeling and is also responsible for motivation! Hugs stimulate brains to release dopamine, the pleasure hormone. Dopamine sensors are the areas that many stimulating drugs such as cocaine and methamphetamine target.

### 8. Stimulates Serotonin

Hugging releases endorphins and serotonin into the blood vessels. The released endorphins and serotonin cause pleasure and negate pain and sadness, and decrease the chances of getting heart problems, help fight excess weight, and prolong life. Even the cuddling of pets has a soothing effect that reduces stress levels. Hugging for an extended time lifts one's serotonin levels, elevating mood and creating happiness.

### 9. Activates Parasympathetic System

Hugs balance out the nervous system. The skin contains a network of tiny, egg-shaped pressure centres called Pacinian corpuscles that can sense touch, and which are in contact with the brain through the vagus nerve. The skin response of someone receiving and giving a hug shows a change in skin conductance and suggests a more balanced state in the nervous system.

Make the new year a good one by using the superpower we all have. But don't forget to ask permission first!

### Calgary Winters Are Safer When Everyone Pitches in to Clear Snow and Ice

*from the City of Calgary*

While our crews are clearing roads, designated pathways, and overpasses, residents and business owners are reminded to remove snow and ice from their property's adjacent sidewalk within 24 hours of snowfall ending.

The fine for not removing snow/ice from a sidewalk/pathway is \$250, with an escalating scale for subsequent convictions to the same property owner/occupant over a 12-month period.

Uncleared sidewalks can be reported to 311. Make sure to include the address or specific location details. A photo can be included with the 311 app.

When a complaint is submitted to 311, a Community Peace Officer issues a Snow and Ice Removal Notice, which gives the owner/occupant of a parcel 24 hours to clear the sidewalk. If after 24 hours the sidewalk has not been cleared, the file is then sent to a contractor to clear the sidewalk at the owner's expense.

Consider being a Snow Angel and clear the sidewalk of a neighbour who could use your help.

Learn more at [calgary.ca/snowfines](https://calgary.ca/snowfines).



### Learn More About Property Assessment at Ask the City Assessor Q&A Session

*from the City of Calgary*

Learn more about how The City determines property assessments at Ask the City Assessor Q&A session. This virtual information session is free and open to Calgary home and commercial property owners, who may have questions about the 2023 Property Assessment process. During this session, City Assessor Eddie Lee will answer questions on how property assessments work. There will be a short presentation followed by a question-and-answer period. Property owners are encouraged to ask general questions.

Note: Due to privacy concerns, Mr. Lee will not answer property specific questions during this session. Citizens are invited to call 403-268-2888 to ask questions specific to their Property Assessment.

**When:** Tuesday, January 17, 7:00 to 8:00 pm.

**Where:** Virtual on Microsoft Teams. Register via [calgary.ca/assessment](https://calgary.ca/assessment).



2-storey Wildwood home with over 4,500 sq. ft. on 3 levels with developed basement.

**Call Len T Wong  
at 403-606-8888  
for more info.**

**VIEW LISTING HERE:**



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