

MARCH 2023

DELIVERED MONTHLY TO 3,950 HOUSEHOLDS

# your SANDSTONE MacEWAN

THE OFFICIAL SANDSTONE & MacEWAN COMMUNITY NEWSLETTER



Cover Photo by Trevor Bacon



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(mountain view)  
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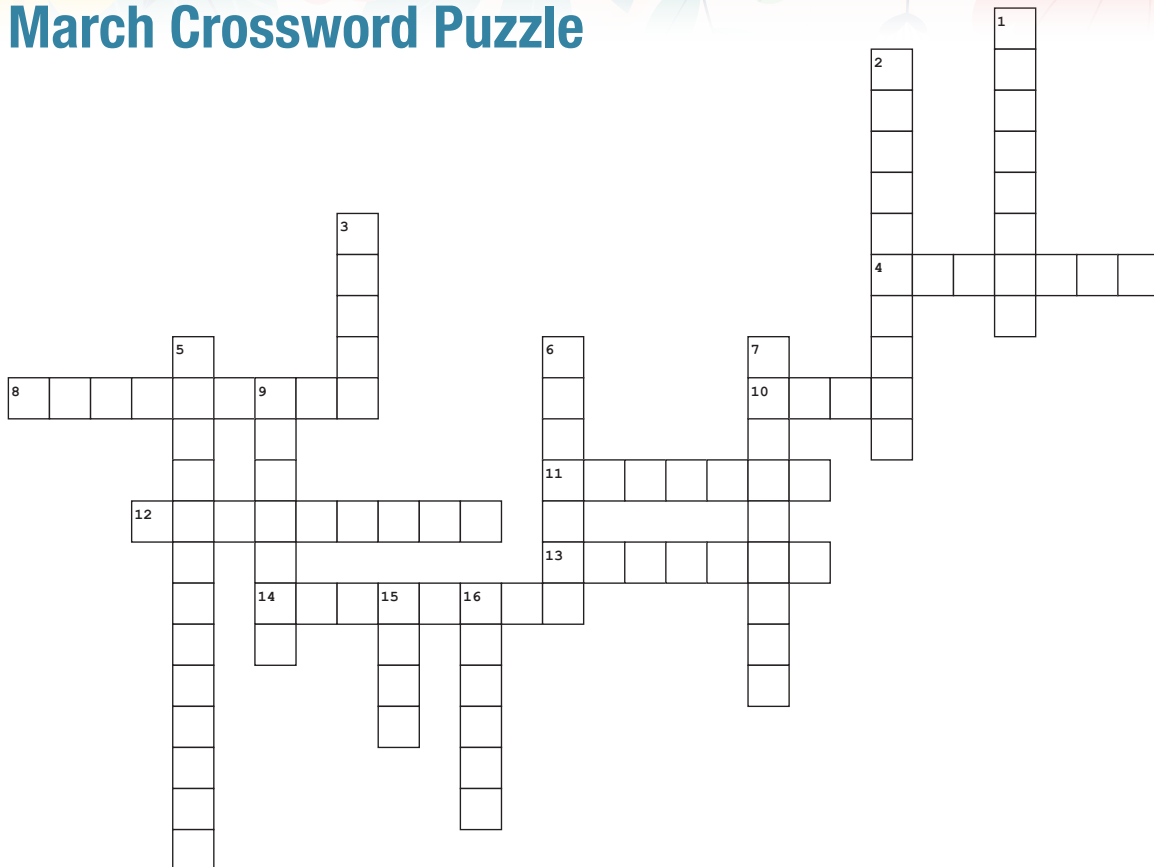
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Second Floor, 971 - 64 Ave NE Down the hallway from Original Joe's Restaurant

\*Denotes Prof. Corp.

# March Crossword Puzzle



## Down

1. March's birth flower
2. This best-selling French-Canadian singer was born on March 30, 1968
3. You get pinched if you don't wear this
5. Both a dessert and a celebration of mathematics that takes place on March 14
6. The saint most popularly associated with March 17
7. Popular chocolate and what you might find at the end of a rainbow
9. This children's author and cartoonist was born on March 2, 1904
15. Roman god of war who shares a name with this month
16. On March 25, 1990, Canada took home gold at the Women's World Hockey Championship in this city

## Across

4. This day signals the start of spring in the northern hemisphere
8. Born on March 27, this Calgary-born singer and songwriter is famous for her hit single "Insensitive"
10. On March 6, we celebrate this cookie's 111th birthday
11. According to ancient Greeks and Romans, this was believed to be a path from the gods
12. An important international holiday celebrating gender equality
13. Each March, this city's river is dyed green
14. Another word for a three-leaf-clover

**SCAN THE QR CODE FOR  
THE ANSWER KEY**



# 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)

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Partnerships		
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# 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!



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.



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**SANDSTONE  
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## 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

Source: \_\_\_\_\_ Rectified if Assoc:

### Choosing a Meal Delivery Service

*from the Better Business Bureau*

Meal delivery services give consumers a more convenient way to make home-cooked dinners by delivering fresh, pre-measured ingredients and easy-to-follow recipes to your doorstep. But just like any other service, each company is different.

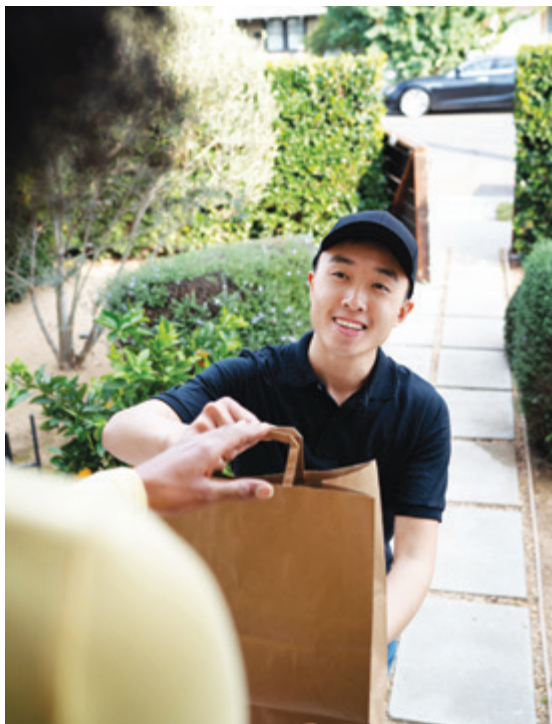
Pricing, ingredients, and preparation requirements vary greatly between services. You'll need to do some homework to pick the one that best meets your family's needs. If the appeal of a meal delivery subscription is learning new recipes and experimenting with ingredients, you might choose one company. But if your main interest is speed and simplicity, another may be a better fit.

#### **The following tips will help select an ideal meal delivery service for your household:**

- Research the delivery service. Ask friends and family, read reviews, and check BBB.org to learn about past customers' experiences.
- Set a budget and check the fine print. Pricing can vary from one company to the next. Make certain the service aligns with your budget. In addition, not all meal delivery services include shipping fees in their pricing – read the fine print.
- Know your skill level. Before committing to a plan, research what kind of cooking techniques you'll need to know. If a company's recipes require searing, roasting, and braising, do you know how? If not, make sure you have the time to learn new techniques.
- Consider ingredient quality. Not all companies offer organic, non-GMO, or free-range meal ingredients. If these are must-haves for your family, make sure the company offers them.
- Determine how much prep work you want. Some companies do more chopping and sauce-making than others. This seemingly small difference can make a big difference in how long each meal takes to make.
- Consider the customer service. If there is ever a problem – a missing recipe card or ingredient, for

example – you want to know that you can count on customer service. Make sure there are clear, easy ways to contact the company, even late in the evening. Read the company's reviews and keep an eye out for any indication that customer service is lacking.

- Check the cancellation policy. Before making a decision to subscribe to meal delivery, understand the cancellation policy. Each company is different and some may have very strict policies.
- Be careful with personal information. Most food delivery services process payments online. Make sure the company is legitimate before offering up personal information such as financial information and address.
- Review BBB tips for shopping online. Since meal delivery services don't usually have brick and mortar storefronts, consider BBB's tips for smart shopping online.





### Houseplant Design

by Carolyn Brown. Credits to the Calgary Horticultural Society

Whether you start with your home office, the family room, or the bathroom, create living harmony with the three 'P's of houseplant design: plant, pot, position. For example, plant a bold sansevieria (snake plant) in a solid square pot for impact, utilize a series of similar shaped pots to create flow with say, miniature ferns, or create a planter with varieties of succulents.

Tree-like tropicals like banana and figs bring an element of scale to larger rooms. Have a high ceiling? Climbing philodendron and vines like pothos are a perfect way to create a more intimate space. Do you live in an apartment or basement suite with low light? Try a zebra, snake, or cast iron plant. Choose beautiful pots as these slow growers may be with you for a lifetime!

Typically, the room with highest humidity, such as a bathroom with a window or skylight, is perfect for growing ferns and orchids. Did you know that mirrors will reflect even more light onto your plants? So, go ahead and find cute hanging pots and mini containers to add some 'funk factor' to this small utilitarian space. Have some fun with shape, colour and texture.

How about a string of pearls? Dolphins? Turtles, anyone? These diminutive trailing plants are often referred to as 'plant babies,' adding a touch of whimsy to the kitchen. How about an artillery or candystick plant to spark conversation in the den? Foliage colour can enhance a room or provide contrast within it. Gold, variegated, and deep purple leaves will make a statement or blend in seamlessly.

From big bold leaves to fluffy ferns, incorporating texture adds drama and interest throughout the house. Repeat patterns and plant varieties for a sense of calm and touch of class. Keep these design principles in mind to bring any room to life beautifully.

#### Fun Fact

The benefits of green leafy plants are proven to boost mood and the wellbeing of humans and animals alike. A natural air freshener, plants help to remove toxins and improve the quality of the air that we all breathe. With proper selection and care, plants bring pleasing aesthetics to any space when given the right environment.

### Spring Cleaning Your Way to Better Health

by Nina Wilder



March is here and we all know what that means: time for spring cleaning! This time of year is all about hitting that 'refresh' button and tackling the chores

that we have been putting off. But this tradition doesn't have to just be about dusting the blinds and decluttering our garages, it can also be a great opportunity to set our environment up to support healthy habits.

To form new habits, we must make them attractive, easy, and satisfying. We can do this by cleaning and organizing our homes in such a way as to encourage us to do certain behaviours. For example, if we want to increase our activity and aren't interested in going to a gym, we can create a designated activity space in our home. We can clear out a corner or – if you have the luxury – an unused room and make it appealing for activity: set out a music player, hang up motivating images or quotes, and lay out equipment in an organized and accessible way. The more appealing the room is, the more you'll want to use it!

Conversely, to kick a bad habit, we must make it harder to do, unattractive, and unsatisfying. If our goal is to eat less junk food, we can start by reorganizing the kitchen. We can declutter our pantries and fridges of things that tempt us and put them somewhere harder to reach such as that cupboard in the garage, or the freezer downstairs. We can also organize the contents in our fridge so that healthier snacks are more towards the front so they're easier to grab and give us a strong visual reminder to go for those instead. If you find yourself throwing out uneaten vegetables and fruits that have gone bad, stop putting them in the fridge drawer, out of sight!

With a little elbow grease, we can not only make our homes cleaner and more organized, but also conducive to having better health. How's that for a new tradition?



## **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)**

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### Reducing the Salt in Your Diet

*from Alberta Health Services*



Reducing salt in your diet is one way to improve your heart health. Eating too much salt (sodium) may cause high blood pressure. If you lower your blood pressure, you may lower your risk of heart attack, heart failure, and stroke.

The top sources of sodium in our diets include ready-made bread, crackers, and muffins, as well as takeout pizza and lasagna, and processed meats such as deli meat and sausages. Cheese, soups, and condiments such as soy sauce and ketchup are also very high in salt. If you reduce the amount of processed, fast food, take-out food, and restaurant meals you eat, you may reduce the sodium in your diet.

Another way to lower sodium is to prepare food at home. When cooking at home, you can use little or no salt. Try flavouring your food with garlic, onions, herbs, spices, lemon juice, and vinegar instead of salt.

Do you need some tips on cooking with less sodium? The AHS South Health Campus Wellness Kitchen in Calgary will host “Low Sodium Tasty Tips and Tricks”, a free online cooking demonstration. A registered dietitian will lead the two-part series, which will include information on reading labels, lower sodium substitutions, and preparing healthy lower-sodium foods that still taste great. Anyone in Alberta is welcome to sign up.

To register, visit [ahs.ca/shcwellness](https://ahs.ca/shcwellness) or email [wellness.shc@ahs.ca](mailto:wellness.shc@ahs.ca).

For more information on this topic, search “heart health” at [ahs.ca/nutritionhandouts](https://ahs.ca/nutritionhandouts).

### Orange Vegetables Are Healthy and Delicious

*from Alberta Health Services*



Canada’s Food Guide Plate encourages Canadians to make half their plate vegetables or fruit. One recommendation is to have orange vegetables a few times a week.

Orange vegetables contain carotenoids. These are plant compounds that convert into Vitamin A in your body. Vitamin A helps promote healthy vision and helps your eyesight in dark lighting. It also promotes the growth and health of cells in your body, and it helps regulate your immune system.

Orange vegetables that grow in Alberta are carrots, peppers, pumpkins, squash, and even sweet potatoes.

#### **Here are a few ways to add orange vegetables to your meals:**

- Choose sweet potato instead of regular potatoes.
- Serve roasted butternut squash.
- Serve sliced carrots or peppers as a snack.
- Roast carrots or peppers as a side dish.
- Add pureed pumpkin to regular mashed potatoes, soups, and sauces. Or add it into muffin or cookie batter when baking. For a fall treat, try it in a smoothie with cinnamon and nutmeg.

For a satisfying fall dish and other health recipes, you may want to try the sweet potato and carrot crisp recipe at [ahs.ca/recipes](https://ahs.ca/recipes).



## Sandstone Real Estate Update

Last 12 Months Sandstone  
MLS Real Estate Sale Price Update

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

Last 12 Months Sandstone  
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
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
February 2022	15	9

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
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
February 2022	\$449,900	\$465,000

Last 12 Months MacEwan  
MLS Real Estate Number of Listings Update

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

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)**



## News from the Friends of Nose Hill

by Anne Burke

Since the 1960s, various groups have lobbied to have Nose Hill preserved as a natural park. In 1972, a group representing eight communities pursued the matter. The result was the Nose Hill Design Brief, a City plan to set aside 1,600 hectares.

In 1976, however, the City rezoned part of the land for housing. In response to public discontent, the City reviewed the zoning issue, and in 1980, approved the Nose Hill Park Master Plan, which aimed to preserve 1,096 hectares as a park.

In 1981, the Nose Hill Park Communities Board was formed to provide public input into implementation of this plan. Twelve community associations were represented on the board, and it kept the issue in the public eye. The City finally reached a deal with remaining landowners in 1989 and the 1,052 hectare Nose Hill Park became a reality.

The remarkable Glenbow Library and Archive, a collection that documents the history of Western Canada, is now housed at the University of Calgary as the Glenbow Western Research Centre. The Nose Hill Park Communities Board files contain historical information: briefs, plans, proposals, reports, submissions, legal papers, maps, and drawings.



Councillor, Ward 3

**Jasmine Mian**

ward03@calgary.ca jasminemian.ca

@jasminemian @jasmine.mian

@jasmine\_mian

Here are a few questions from residents over the past month. For more information on any Council-related topics, please visit the FAQ page at [jasminemian.com](http://jasminemian.com) or contact my office directly at [clward3@calgary.ca](mailto:clward3@calgary.ca).

**Q:** Why didn't Council give an exemption to Co-op for their compostable grocery bags?

**A:** When Calgary passed the Single Use Bylaw, it was to get a head start at aligning with the incoming federal regulations and bans on single use items. While the City of Calgary cannot override the federal legislation, if these bags are given an exemption at the federal level, Council is prepared to include this in our local bylaw as well.

**Q:** What should I do if I have a question about my Property Tax Assessment?

**A:** All FAQ related to property tax assessments can be found at [calgary.ca/assessment](http://calgary.ca/assessment). Please note that property tax assessments have been mailed, and the Review Period will be underway until March 13. If you need extra assistance, reach out to our office.

A quick reminder that CPS has launched their annual Operation Cold Start. Since November of 2022, more than 240 idling vehicles have been stolen. As tempting as it is in this cold weather to start your car and wait inside, CPS discourages that practice at all costs. Stay warm but stay safe, and do not leave keys or other valuables in an unattended vehicle.

**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

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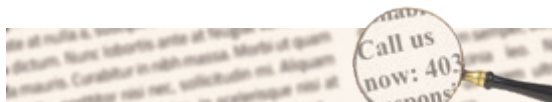
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## mybabysitterlist

### Calling All BABYSITTERS

Enroll free at [mybabysitter.ca](http://mybabysitter.ca) and choose the Calgary communities you would like to babysit in.

### Calling All PARENTS

Visit [mybabysitter.ca](http://mybabysitter.ca) and find available babysitters in and around your community.



# Burns and Scalds

*from Alberta Health Services*



Each year Emergency Medical Services respond to emergencies involving young children who have sustained severe burns or scalds. These incidents often occur inside the child's own home. Common causes include a child accidentally tipping hot liquids onto themselves, touching hot surfaces such as stoves, or making contact with electrical outlets. Fortunately, incidents such as these can be avoided by taking preventative measures.

### Degrees of Burn

- 1°: Affects only the top layers of the skin; appears red like a sun burn; discomfort is generally tolerable.
- 2°: Deeper and much more painful than 1° burns; broken skin or blisters commonly develop.
- 3°: Severe: The deepest layers of skin and tissue are injured; may appear charred or leathery.

### First Aid for Burns

- Skin may continue to burn if not cooled. Immediately douse burns with large amounts of cold water.
- Cover the burn with a sterile dressing, or at least clean material to protect infection.

- Over the counter medications may be used for pain. Adhere to directions given on the label.
- Seek further medical attention, as required.

### Prevention of Burns

- Check the temperature of your hot water tank. Temperatures as high as 60°C / 140°F will scald a child in just seconds.
- Use placemats instead of tablecloths. Tablecloths can be yanked downward causing hot drinks or food to spill on a child.
- Turn pot handles to the back of the stove and ensure cords from kettles, slow cookers, and other electrical appliances cannot be reached.
- Avoid picking up a child while holding any hot liquids.
- Ensure electrical outlets are made secure by installing commercially available safety devices which prohibit access.
- Keep children away from areas where appliances are in use (kettles, irons, hot stoves).

If you require immediate medical attention, call 911.

## GAMES & PUZZLES

### St. Patrick's Day Trivia

by Shelly Smith

Test your knowledge of St. Patrick's Day. Have fun!



1. What country is St. Patrick the patron saint of?

- a. Canada
- b. Ireland
- c. Scotland

2. According to Irish lore, what did St. Patrick drive out of Ireland?

- a. Snakes
- b. Rats
- c. Witches

3. What colour is worn on St. Patrick's Day?

- a. Blue
- b. Red
- c. Green

4. What date in March is St. Patrick's Day?

- a. March 1
- b. March 16
- c. March 17

5. How many pints of Guinness are consumed worldwide on St. Patrick's Day every year?

- a. 13,000,000
- b. 1,300,000
- c. 1,000,000

6. What is St. Patrick's nickname?

- a. St. Paddy
- b. St. Patty
- c. St. Irish

7. When and where was the first St. Patrick's Day parade held in Canada?

- a. Quebec City in 1765
- b. Ottawa in 1870
- c. Halifax in 1790

**SCAN THE QR CODE  
FOR THE ANSWERS!**



## YOUR CITY OF CALGARY

### Business Map: Online Map Shows Calgary Businesses and Business Licence Information

from the City of Calgary



Wondering what businesses are open in Calgary? The business map shows commercial businesses and business licence information. You can search businesses by area through community districts, local area plans, and business improvement areas, or by business licences through license type categories or tradename. This map is located at <https://maps.calgary.ca/businessmap/>. To view more City of Calgary maps, please visit the Map Gallery at <https://mapgallery.calgary.ca/>.

### Joke of the Month

What's the difference between a hippo and a Zippo?

One is really heavy, and the other is a little lighter.



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