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Community Association

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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.



FEDERATION OF
CALGARY COMMUNITIES

Bike Safety

A message from the Federation of Calgary Communities

Protect your head! Any age – from toddlers to adults – should think twice before getting on a bike without a helmet. In fact, youth under 18 are legally required to! The helmet should fit nicely and cover the forehead. A helmet too loose won't do much protecting, so make sure it's nice and snug.

Ring, Ring! Having a bell lets those around you know you're coming and will help avoid any collisions on paths.

Stop! Being a cyclist means you must follow similar rules to driving a vehicle. Pay attention to posted signs, speed limits, and watch out for pedestrians. Knowing your route ahead of time can help you be aware of potential detours and hazards.

Increase Your Visibility! Use reflectors or lights, especially if you're riding your bike at nighttime or on the streets.

Be Diligent! You may have the right of way, but that doesn't mean those around you are paying attention to their surroundings. Always be cautious and diligent while riding a bike and stay in bike lanes where possible. Be sure to keep an eye out for vehicles coming in your direction and err on the side of caution!

For more resources, check out the Federation of Calgary Communities.



News from the Friends of Nose Hill

by Anne Burke

The Open Space Plan says that our city's greatest asset is the natural environment and wildlife, so we should foster stewardship with nature education programs. Calgary parks are linked by pathways and green belts. We must protect and conserve the river valley system, unique prairie, urban forest, and foothill ecosystems.

The Plan conforms with provincial land use policies and the Municipal Government Act. There are some general principles. We will preserve natural environment parks and environmentally significant areas, enhanced by restoration to prevent loss. Site-specific plans recommend that we record biophysical inventories and historical resources for cultural landscapes such as Nose Hill.

The Open Space Plan is under review. One of the aims is learning how to improve natural environment parks through decision-making that puts the environment first. Natural habitats offer places for wildlife to find food, water, cover, and to raise their young. We can reconnect, rest, and mentally recharge. Nose Hill offers sacred indigenous spaces of culture—past, present, and future.

Connect: Calgary's Parks Plan, Phase 1 engagement ran from April 17 to May 19. A *What We Heard Report* will be published online this summer. Phase 2 starts in October 2023.



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RUNNER UP PHOTOS



Sandstone Block Party by Sandra Matthew

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**SHOW YOUR SUPPORT!
PURCHASE YOUR COMMUNITY
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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

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Email: memberships@sandstonemacewan.com

**Memberships can be purchased
online at sandstonemacewan.com**

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Accidental Poisoning

by Alberta Health Services



Emergency Medical Services (EMS) would like to remind parents and caregivers of precautions to prevent accidental childhood poisonings around the home. Ingesting prescription or over the counter (OTC) medications is a significant cause of accidental childhood poisonings. Other causes of poisoning include ingesting or coming into contact with household items such as dishwasher tablets, mouthwash, or chemicals such as paints, solvents and cleaning products.

Medication Storage

- Place all medications in locked containers and store in an area inaccessible to children
- For easy identification, store all medications in their original packaging; do not mix multiple medications in a single bottle
- Install child locks on all cabinets, or drawers where medications are stored

Safety Tips

- Child-resistant medication bottles are not child proof. They can still be opened by a child

- Take extra precaution with medicines designed to appeal to children such as chewable vitamins or flavored cough and cold syrups
- Promptly dispose of any medications or toxic household products no longer in use

Prevention

- Store household products, cleaning supplies, and cosmetics in locked cabinets or drawers
- Install child latches on cabinets children might also access by climbing on counters or chairs
- Label all plants in and around your home and garden
- Antifreeze, windshield washer fluid, and pesticides are extremely poisonous. Even small amounts of these can cause serious illness if ingested

Poisoning information can be obtained by calling the Poison and Drug Information Service (PADIS) at: 1-800-332-1414.

In case of a poisoning emergency, call 9-1-1. Provide the name of the product ingested and, if it is safe to do so, a sample of the substance for EMS to inspect on their arrival.



Huntington Hills Skating Club

Programs run out of the
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Parade of Garage Sales

**Join Us for the Joint
Beddington Heights, Sandstone and MacEwan
Garage Sale Event!!!**

Date: Saturday, August 26th, 2023
9:00 a.m. – 2:00 p.m.

Cost: Free for BHCA and SMCA members;
\$10.00 for non-members

Includes: Signage, online map, advertising

- Set up at your own home
- Set up with your neighbours and create a block sale.
- The map will show all the addresses that have been registered online.
- Home Businesses are also welcome.

Registration and more information on beddingtoncommunity.ca



2023 Beddington/Sandstone/MacEwan Butterflyway



The map above shows our progress/participation from last year! The Butterfly Rangers in Beddington/Sandstone/MacEwan are planning to continue this year again promoting pollinator plants (especially native plants) in our gardens and public space to support our native pollinators (bees, butterflies, moths). We will continue to educate at community events, plan to hold some family craft sessions to make bee baths/bee houses, add to our current pollinator beds in the community and add to our growing list of gardeners planting for our pollinators. We are looking for others in our communities to help join us.

- Are you an avid gardener and want to have a sign for your front lawn showing you are planting for pollinators?
- Want to help preserve our pollinator beds and help plant more?
- Want to learn about the importance of pollinators and what to plant?
- Are youth interested in protecting our environment and supporting pollinators?

Please contact us at: butterflies@beddingtoncommunity.ca

Hawaiian Rice Bowl

by Jennifer Puri



Ingredients:

- 2 medium size carrots
- 2 small beetroots
- 2 mini cucumbers
- 2 avocados
- 1 can pineapple tidbits
- 20 jumbo size shrimp (shelled and de-veined)
- 2 cups shredded lettuce
- 4 cups cooked white, brown, or black rice
- 6 tbsps. mayo
- 2 tbsps. siracha sauce
- 2 tbsps. rice vinegar
- 2 tbsps. olive oil
- 2 tbsps. soya sauce
- 4 tbsps. of coriander leaves or nori nori (dry seaweed)

Directions:

- Wash and peel carrots and beetroots and then cut, along with the cucumbers into small even sized pieces.
- Drain pineapple tidbits and set aside. Cut each avocado into half and then slice each half into four pieces.
- In a small bowl prepare dressing by combining the mayo, siracha, and rice vinegar.
- Heat two tbsps. of olive oil in a skillet or wok and then add the shrimp and stirfry for three to four minutes or until the shrimp turn pink and are cooked. Add two tbsps. of soya sauce and toss the shrimp in it and then remove from heat.
- Assemble four bowls by placing a cup of warm rice in each one and arranging the pineapple bits, carrots, cucumbers, beetroots, and lettuce around the edges of each bowl. Add the shrimp and avocado slices and top with siracha mayo dressing. Garnish with coriander leaves or nori nori if desired.

*You can substitute the shrimp for tofu and edamame or corn if you would prefer a vegetarian option.

Bon Appétit!

Rice is a grain that grows to 4ft. in height, produces small edible seeds, and thrives in warm, wet climates.

It is the world’s largest food crop and evidence of rice farming, dating back ten thousand years, has been found in the Yangtze River valley of China.

There are two types of rice – Asian Rice and African Rice and the length and width of the rice (once it is cooked) determines if it is short, medium, or long.

White rice is more commonly consumed than brown, black, or red due to its ease of cooking and long shelf life. Rice should always be washed before cooking as it will rid the rice of any starch that may be attached to the grain. It also prevents the grains from sticking to each other during the cooking process.

China is the world’s largest producer and contributes to the daily rice intake of 3.5 billion people in Asia, Africa, and South America.

Steamed, boiled, fried, or ground, rice shows up as an ingredient in Spain (paella), Italy (risotto), Japan (sushi), India (pillau), Malaysia (nasi lemak), Korea (bibimbap), Africa (jolloff), Brazil (galinhada), or in its simplest form poke or Hawaiian Rice Bowl.

Prep Time: 25 minutes

Cook Time: 5 minutes

Servings: 4



Councillor, Ward 3

Jasmine Mian

ward03@calgary.ca jasminemian.ca

@jasminemian @jasmine.mian

@jasmine_mian

The last month of summer is officially here! While the weather is still hot, here are some fun outdoor events happening across Ward 3 and the City throughout August.

Park n' Play

Park n' Plays are free games and activities hosted at parks across the city for ages 3 to 12. Sessions are drop-in only and on a first come-first serve basis. Ward 3 has one more Park n' Play happening this summer: from August 21 to 28, Nose Creek School will have outdoor programming for ages 6 to 12. Check out calgary.ca/parks-rec-programs for more information.

Sport Calgary – All Sport One Day

Sport Calgary is also hosting a variety of sports programs for ages 6 to 17. On August 19, children can try a new sport or activity for the first time, completely free! Registration opens August 10, and spots fill up quickly. Check out sportcalgary.ca/all-sport-one-day for more information.

For more information on all things related to Ward 3 or to contact my office directly, visit jasminemian.com.



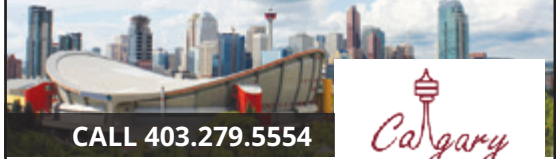
Joke of the Month

Why do seagulls fly over the sea?

Because if they flew over a bay, they would be bagels.



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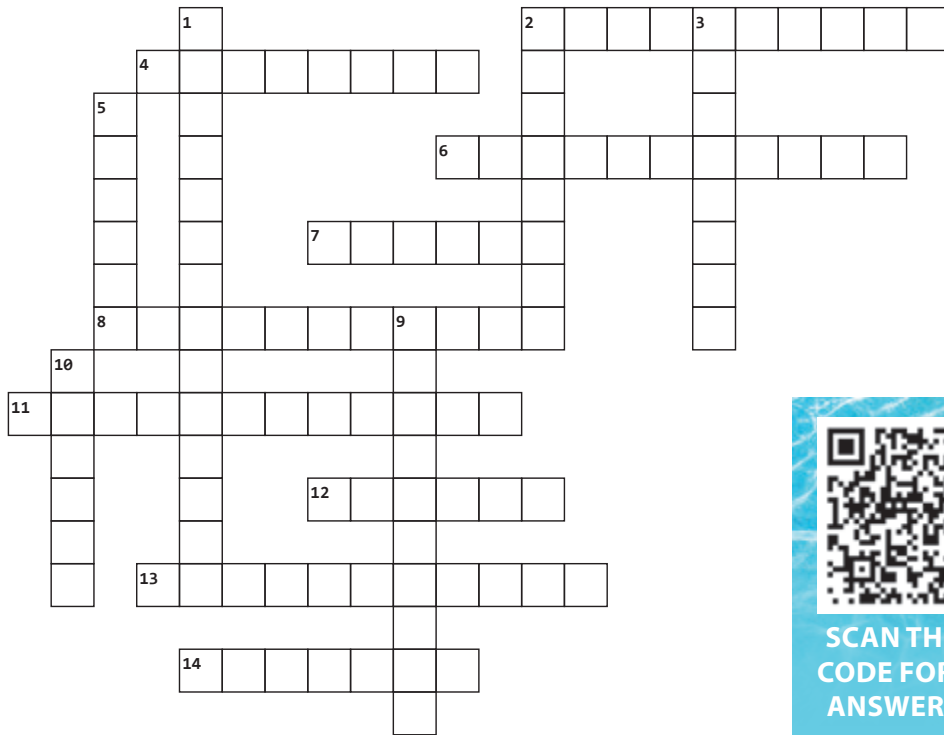
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August Crossword



Across

2. This Pickering, Ontario singer-songwriter rose to fame on Vine.
4. This heroic 18-year-old from Port Coquitlam, BC aimed to complete a cross-Canada run to raise funds for cancer after being diagnosed and having his leg amputated.
6. The cities of Pompeii and _____ were destroyed on August 24, 79 A.D., by the eruption of Mount Vesuvius.
7. National _____ Day, celebrated on August 24, commemorates the patent for this modern breakfast appliance.
8. Born on August 28, she is Canada's "queen of country pop."
11. This Cole Harbour-born hockey player was the youngest NHL captain to lead his team to a Stanley Cup victory in the modern era.
12. National _____ Day celebrates the accidental invention of this helical children's toy.
13. This holiday is observed on the first Monday in August in Alberta.
14. This lime green stone is August's primary birthstone.

Down

1. This dystopian debut novel is narrated by Wil Wheaton, who is also briefly mentioned in this well-known sci-fi book by Ernest Cline.
2. In August, the _____ moon appears in the sky and is named such because of the abundant fish that Algonquin tribes were able to catch at this time of year.
3. On August 21, 1911, this artwork was stolen, making it one of the most famous pieces in the world.
5. The reason August is referred to as the "dog days" of summer is because of this star that rose at the same time as sunrise in August during Roman times.
9. On August 28, 1963, Martin Luther King Jr. famously delivered his "I Have a Dream" speech in this city.
10. August 1, 1997, was the Canadian release date of the first movie in this popular family-friendly series featuring an athletic golden retriever.

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.

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