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Community Association

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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

Make cheques payable to Sandstone/MacEwan Community Association

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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

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 General Inquiries: info@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!



CHECKLIST

**9 PM
ROUTINE**



CALGARY
POLICE
SERVICE

- 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



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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News from the Friends of Nose Hill

by Anne Burke

Grazers have played an important part in controlling taller, nuisance weeds such as thistle and common nettle. The first recorded land occupancy of Nose Hill was an 88,000-acre lease granted in 1882 and the activity continued in some form until 1989. By 1910, the City's expanded boundaries extended as far north as 48 Avenue. Residential development rapidly occurred north of 16 Avenue after the war. From 1945 to 1959 it began to approach Nose Hill. By 1959, development was as far north as Capri Avenue and east of 14 Street and as far north as 56 Avenue. When Nose Hill was still privately held land, more people were cutting fences and trespassing north of John Laurie Boulevard.

Aerial photos reveal various human uses and their effects on Hill activities. There were many old 1959 vehicle trails, with severe damage on slope crests and the top of hummocky areas. Although cultivation of Nose Hill was suspended in 1979, other uses led to an extensive trail network in almost all areas of the Hill. A six-foot high mesh fence was built along part of 14 Street and John Laurie Boulevard in the 1970s. There were vehicle impacts north and south of Porcupine Valley. The heavily scarred hillside due west of Berkley Gate parking lot was a challenge from dirt bikers and trucks, as were the ravine slopes and trails up the north face of the bluff that rises from the south side of the Valley. Although regeneration was slow, scarring of the Hill by vehicle traffic was reduced. Much of what is now the south portion of Nose Hill Park was owned by the City in 1982, when AGT developed a three-mile utility easement in the Park for a conduit and cable between MacEwan Glen and the new Edgemont development.

Cold Weather Preparations

by Alberta Health Services



Alberta winters can be bitterly cold and when the temperature dips below -40 degrees Celsius, that's when "extreme cold warnings" occur. Wind gusts can be strong enough in our province to make it feel even colder.

It's Important to Remember a Few Things During Extreme Cold Warnings:

Try to Stay Indoors

Roads and other paved surfaces can be snowy or icy during extreme cold warnings. If you must go out, always let someone know where you are going and follow these instructions:

- Check 511.Alberta.ca, Environment Canada, or download the WeatherCAN or AEA Alert app for current road conditions or emergency alerts.
- Try to cover as much exposed skin as possible. Wear warm, waterproof, and windproof layers, scarves, neck warmers, or protective face liners and waterproof footwear.
- If you are sweating, remove outer layers of clothing or open your coat to avoid getting your clothes wet.

Learn how to prepare a vehicle emergency kit if you must drive.

Be Careful!

Some people are more susceptible to the cold, particularly children, older adults, those with circulation issues, those experiencing unstable housing, or those outdoors for long periods of time.

Being cold over a long period of time or being exposed to cold air, water, wind, or rain, can cause a drop in body temperature and, in some serious cases, can cause hypothermia.

What Is Hypothermia?

Hypothermia occurs when the body gets cold and loses heat faster than the body can make it. A body temperature below normal can be a sign of hypothermia and can cause shivering, confusion, and loss of muscular control (e.g., difficulty walking). It can progress to a life-threatening condition.

If you think someone has hypothermia:

- Call 9-1-1 to get medical attention immediately.
- Lay the person down and avoid rough handling, particularly if the person is unconscious.
- Get the person indoors.
- Gently remove wet clothing.
- Warm the person gradually and slowly, using available sources of heat.
- Protect the person from further heat loss/eliminate contact with cold surfaces.

If someone has symptoms of extreme cold, such as hypothermia, please seek immediate medical attention.

Support Is Available

Other supports are available for those experiencing unstable housing. Call 2-1-1 and press 3 for non-emergency support for shelter or visit www.alberta.ca/homelessness.

If you work outside during an extreme cold warning, consider taking warm-up breaks or rescheduling your work if possible. Your employer may have options available to help you avoid being in the cold for too long.



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
MACEWAN**
Community Association

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.

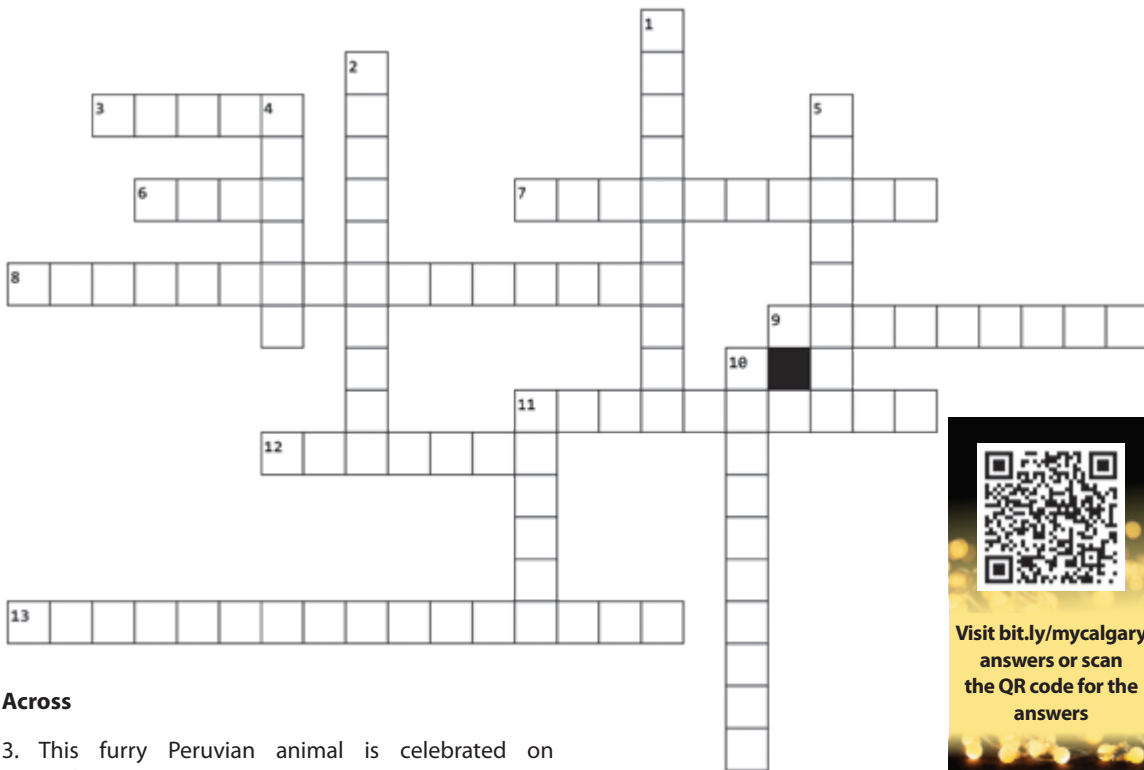
We need your help.

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



sandstonemacewan.com/rinkrebuild

December Crossword



Across

3. This furry Peruvian animal is celebrated on December 9 every year.
6. The Canadian Soccer Association formally became a member of this important sporting organization in December of 1912.
7. This sweet Canadian export has its own national day on December 17.
8. In December of 1982, TIME Magazine named this popular object Man of the Year.
9. This famous holiday candy is made to resemble a shepherd's staff.
11. This Schitt's Creek star was born on December 17, 1946.
12. This romantic New Year's Eve tradition originated from the Roman's Saturnalia festival.
13. This book concerning two rival families living in the moors of England, written by Emily Brontë, was published in December 1847.

Down

1. These prestigious awards celebrating and honouring academics and philanthropists, were first awarded in December of 1901.
2. Sint Nikolaas, one of the most popular saints in Europe during the Renaissance, is better known as _____.
4. The highest grossing film of all time was released on December 18, 2009.
5. On December 17, 1903, the Wrights' first powered _____ was successfully used.
10. This Canadian singer won the 1998 Billboard award for 'Hot Soundtrack Albums' for her work on Titanic.
11. Canadians drink just under six million litres of this beverage in December.



Visit bit.ly/mycalgary
answers or scan
the QR code for the
answers

Poisonous Plants and Why I Keep Them: A Gardener's Perspective

by Deb Sabey

In 2014, my husband and I took a two-week trip to the UK where we visited country castles and modern cities alike. The whole trip was full of great experiences and many memories I hold fondly still. One of the highlights of travelling to the castles of the UK is the many gardens that are tended around them. From Cardiff to Sterling, and Belfast to Killarney, there are gardens that delighted my soul.

It was in Blarney, Ireland that I fulfilled a lifelong dream and gave first breath to a new one. I grew up hearing my mom's stories of kissing the Blarney stone and thereby, getting the gift of gab. In my teen years and 20s, I desperately wanted to follow in her footsteps. When it was finally my turn, I kissed it twice! Then, after descending the many flights of stairs at Blarney Castle, I saw my first poison garden and my new dream was born.

The Poison Garden of Blarney Castle is reputed to be the world's most dangerous place. Passing the skull and crossbones sign that says, "Poison Garden, do not touch, smell, or eat any plant!" one then walks through a beautiful garden with flowers, textures, and colours that are simply breathtaking. With plants like nightshade, poppy, hellebore, castor bean, hemlock, monkshood, and even caged cannabis, the gardens are dedicated to teaching about the many uses, nefarious or medicinal, of the plants throughout history.

One of the questions I get regularly as a professional gardener is, "Should I pull out this plant? I heard it was poisonous." For most plants, the poisoning deaths attributed to them aren't from their natural garden existence. The vast majority of problems come when we begin to make products or food from them. This is also where they become the medicines that save our lives. It all comes down to knowledge.

I would never remove a plant simply because it is "poisonous." If I did, my garden would not have foxglove, lily of the valley, monkshood, daffodil, hyacinth, rhubarb, tomatoes, or potatoes! What a sad garden I'd be left with.

Now, there are some plants that will irritate the skin or make us ill if ingested (think nettle, thistle, or henbane)

and others yet that can send a person into a coma. This is where knowledge and respect for our plants is key. Side note: if you know you have an allergy or sensitivity to a plant, happily get rid of it! I would never keep something in my garden that I knew to be a bother to me or my loved ones.

For example, Tomatoes are either a delicious food or the reigning member of the nightshade poison family (as the leaves, stems, and roots all carry the toxin). Potatoes are also a member of the nightshade family but have been manipulated over time so that we eat the root. We stay away from the green fruit of a potato plant because they carry the toxin in high concentration. When we know what's safe, we can enjoy them for their beauty and medicinal benefits without worry.

Another reason I love "poisonous" plants is their tendency to not be eaten by moose, deer, rabbits, and squirrels, which is something we tend to deal with, especially on properties near green spaces. Perhaps you've noticed deer that let the hostas grow nice and lush before eating them to the ground come early June but the monkshood right next to them are always left untouched. If you have issues with wildlife eating your garden, consider adding more of the plants listed in this article as they may go undisturbed by deer and other animals, and you'll get to enjoy the blooms of your labours. That said, in drought years where food is scarce, all bets are off!

The number one rule with anything from the garden should probably be borrowed from one of the best Canadian productions,

"Don't you put it in your mouth,

Don't you stuff it in your face,

Though it might look good to eat,

And it might look good to taste!

You could get sick, (ICK!)

Real quick! (ICK!)

Real sick, real... ICK!"

All plants in your yard should be known and treated properly. There are apps aplenty to help identify any in question. If you have young children who love to eat everything or pets that can't help themselves, you may

not be comfortable with some. I've taught my kids what is okay to touch or eat and what isn't and have never had a problem. Decide what works for you.

If you decide that the threat from a plant is higher than what you're comfortable with, long sleeves and proper gardening gloves are your first defence when removing them. Some can be given to other gardeners who don't mind them and some, if noxious weeds, should be black binned.

Whatever you decide, I hope you'll give "poisonous" plants an extra thought. With some care they can add so much.

To find a list of plants that may not be safe around your pets, visit <https://www.aspc.org/pet-care/animal-poison-control/toxic-and-non-toxic-plants>.

Plants commonly found in Calgary gardens that are "poisonous" that I would not take out because of their toxicity alone include:

- Monkshood
- Foxglove
- Crocus
- Daisy
- Narcisuss
- Hyacinth
- Lily of the valley
- Rhubarb
- Tulips
- Cotoneaster berries
- Mayday Tree berries

Holiday plants that are toxic:

- Poinsettia
- Holly berries
- Mistletoe
- Yew (needles and berries)



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RUNNER UP

PHOTOS



Cuteness by Lana Celletti



Glenmore Reservoir by Sven Stuwe



Nose Hill by Elizabeth Blake



Sandstone Real Estate Update

Last 12 Months Sandstone
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
October 2023	\$449,900.00	\$438,000.00
September 2023	\$412,499.50	\$422,500.00
August 2023	\$539,900.00	\$575,000.00
July 2023	\$549,900.00	\$562,500.00
June 2023	\$534,450.00	\$567,950.00
May 2023	\$475,000.00	\$462,000.00
April 2023	\$475,000.00	\$480,000.00
March 2023	\$380,000.00	\$367,250.00
February 2023	\$524,900.00	\$585,000.00
January 2023	\$462,499.50	\$467,500.00
December 2022	\$534,000.00	\$524,277.50
November 2022	\$409,800.00	\$406,800.00

Last 12 Months Sandstone
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
October 2023	3	5
September 2023	9	6
August 2023	7	7
July 2023	7	9
June 2023	16	18
May 2023	11	7
April 2023	9	7
March 2023	6	7
February 2023	6	2
January 2023	2	4
December 2022	1	2
November 2022	1	5

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
October 2023	\$652,000.00	\$655,000.00
September 2023	\$579,950.00	\$585,000.00
August 2023	\$520,000.00	\$508,000.00
July 2023	\$0.00	\$0.00
June 2023	\$534,950.00	\$562,393.00
May 2023	\$499,000.00	\$507,000.00
April 2023	\$499,950.00	\$522,500.00
March 2023	\$449,945.00	\$490,000.00
February 2023	\$427,450.00	\$427,450.00
January 2023	\$407,450.00	\$386,000.00
December 2022	\$599,999.00	\$599,999.00
November 2022	\$499,150.00	\$499,500.00

Last 12 Months MacEwan
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
October 2023	1	2
September 2023	7	4
August 2023	3	5
July 2023	3	0
June 2023	4	10
May 2023	5	6
April 2023	12	8
March 2023	9	6
February 2023	2	4
January 2023	5	2
December 2022	1	3
November 2022	2	2

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

RESIDENT PERSPECTIVES

Rosemary and Oregano – A Good Combo for the Festive Season

by Kosha Vaidya, MBBS, CH



Rosemary and oregano herbs are helpful in winter months. Rosemary and oregano are becoming my favourite by the day. Rosemary helps in increasing alertness which I guess we need to get ready for Christmas. This herb is rich in antioxidants.

Herbalists use this herb for various conditions such as people having circulatory weakness, digestive disorders, and depression just to name a few. In one study rosmarinic acid which is found in rosemary helped people to get better from the common cold 33% faster.

Let's look at oregano. To begin with it has a great taste and can be added in almost any meal for personal consumption such as meals prepared for social gatherings. Oregano has antiviral and antibacterial properties. Basically, it improves immunity which is also important during holiday seasons when we have many social gatherings. One to two spoons of oregano mixed with 250 ml of water which is then steeped for 15 minutes is a healthy mouth gargle to help fight throat infection and cold symptoms.

Both the rosemary and oregano herbs have many health benefits. They help me prepare delicious meals for the holiday season and especially help sharpen my memory so that I don't have to struggle remembering the to-do list for the festive season.



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As we near the end of the year, I want to wish everyone a happy holiday season! I hope you get to enjoy some good food and time with friends and family.

Here are a couple of updates from my office to wrap up the year.

Ward 3 Year-End Mailer

Keep an eye out for my year-end mailer! It should hit mailboxes in the first week of January and will include an update on the local and city-wide work happening at City Hall. You can also check out my website at jasminemian.com or follow me on social media for more updates.

Annual Food Drive

Once again, my office is participating in the annual city-wide food drive. You can drop off packaged goods at VIVO until December 11 or visit my social media to donate directly. For every \$1 donated, the Calgary Food Bank can provide \$3.50 worth of food. If you're able to give, please consider a donation to the food bank.

Winter Events

Another year is just around the corner! Check out calgary.ca/events for the free events hosted by the City.



December is here already, and what a year it has been! With the resumption of the Legislature this past month and holidays on the horizon it has been a busy time.

On October 30, Her Honour, The Honourable Salma Lakhani brought forth The Speech from the Throne, laying out the government's priorities for the 31st Legislature.

Our Official Opposition Caucus has set our priorities based off what we have been hearing from you. We have set an agenda to bring forth legislation to honour treaty rights, to ensure our children have the support and class sizes they deserve to thrive, to guarantee that no Albertan will ever need to pay for simple trips to the family doctor, to make life more affordable and to lead in all forms of energy production.

We have listened to what matters to you, and your families, and we will fight to keep CPP intact so that you can retire with stability and assurance.

Please continue to let your priorities be known to us, my office is here to serve you. It has been a great pleasure meeting so many of you and I look forward to reading your emails and chatting when you are able to drop into the office in person.

Wishing all of you the very best this holiday season, I hope that you will be able to enjoy time with family and friends this month.

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

<p>SANDSTONE VALLEY</p> 	<p>MACEWAN GLEN</p> 
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