

JUNE 2023

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your SANDSTONE MacEWAN

THE OFFICIAL SANDSTONE & MacEWAN COMMUNITY NEWSLETTER



SANDSTONE
MacEWAN

Crocus on Nose Hill by Sharon Mazurkewich



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Sandstone MacEwan Community Garden

Are you looking for a plot to grow your own food? Do you want to connect with a supportive network of green thumbs?

The 2023 garden plots are available to rent for the gardening season. Beds open May 1/23.

Location: In behind Salvation Army Berkshire citadel Church, 222 Sandaroc Drive
Fee: A valid community membership is required along with \$20 for bed rental. A garden agreement & garden rules must be signed with payment. Beds will not be held without payment.
Email info@sandstonemacewan.com



SANDSTONE MACEWAN

COMMUNITY ASSOCIATION

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

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Community Association

sandstonemacewan.com

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Visit sandstonemacewan.com/join or use your phone to scan the QR code below - all proceeds go back to supporting our community!



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**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.

Cats, Canines, & Critters of Calgary



Squeeks, Mount Pleasant



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To have your pet featured, email news@mycalgary.com



News from the Friends of Nose Hill

by Anne Burke

Spring brought renewal and awakening of Mother Earth in April. There was a three-hour interpretive walk to connect with cultural landscapes through the ages in Nose Hill Park where attendees could be closer to the stars.

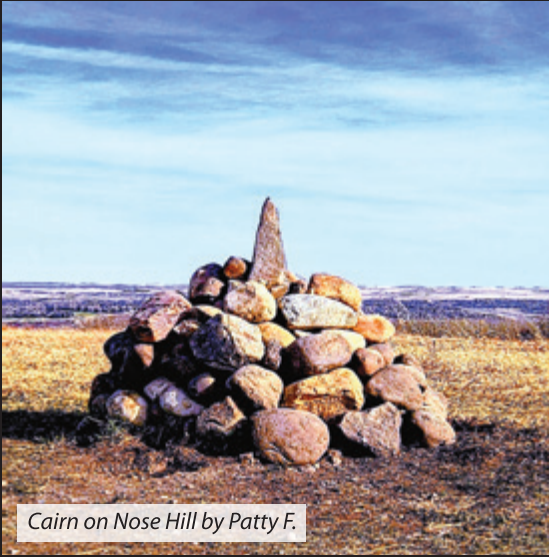
The group at the John Laurie Blvd parking lot began the 2.2 km route on pathway and gravel trail. The leaders were Crystal Many Fingers, a Blackfoot member of the Kainai First Nation of Treaty 7, and Lauren Bryant, a professional archaeologist who focused on human occupation.

Legends and sharing stories are an integral part of an oral culture. The importance of Nose Hill to pre-contact indigenous people is highlighted by sites such as the buffalo rubbing stone for ceremonies, vision questing, and fasting.

A natural area is a City-owned park with a natural/native plant community. Our primary role is to preserve the natural significance. Conservation protects these (relatively) undisturbed parcels of land. Damage can be repaired while loss can be restored.

Public engagement and feedback from tourists will contribute to Calgary's 20-year Park Plan. After a draft proposal, there comes a final version by spring 2024, before presentation to City Council. For more information, visit <https://engage.calgary.ca/parkspan>.

RUNNER UP PHOTOS



Cairn on Nose Hill by Patty F.



Tennis Anyone by Trevor Bacon

**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:

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Email: memberships@sandstonemacewan.com

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

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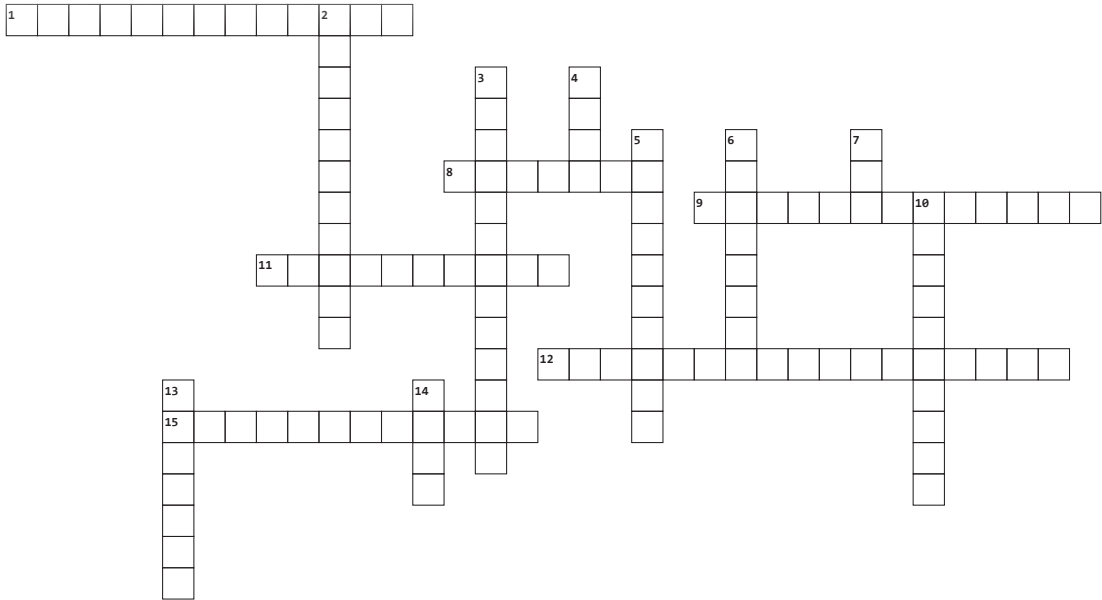
Card # Issued: _____ New/Renewal

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June Crossword Puzzle



Across

- Born on June 27, 1859, Mildred J. Hill composed this song, which is considered to be one of the most well-known songs in the English language.
- In Sweden and Finland, Midsummer Day is traditionally celebrated by singing and dancing around this.
- Canadian singer-songwriter Alanis Morissette wrote this breakup song in about 30 minutes.
- Midland, Ontario holds an annual festival in honour of this classic Canadian pastry every June.
- Canadian author Lucy Maud Montgomery's debut novel, which was released in June of 1908.
- This Calgary landmark was opened to the public on June 30, 1968.

Down

- The song "I Will Always Love You," first recorded on June 12, 1973, by _____ gained renewed popularity with a re-release by Whitney Houston.
- 43 years ago, this NHL hockey team relocated to Calgary.
- The month of June is named after this Roman goddess.
- In North America, National _____ Day is celebrated on June 8.
- 29 years ago, this popular Disney movie, based on Shakespeare's play, *Hamlet*, was released.
- The first Friday after Father's Day is National Take Your _____ to Work Day.
- On June 2, 1967, this band released their iconic album, "Sgt. Pepper's Lonely Hearts Club Band," in the US.
- This European country experiences the longest summer solstice due to its geographical location.
- The official Father's Day flower.

SCAN THE QR CODE FOR
THE ANSWER KEY



Backyard Play Safety

from Alberta Health Services



Emergency Medical Services (EMS) would like to encourage parents and caregivers to ensure their backyard play areas are made safe for children this summer. Although direct supervision is the best method to reduce the chance of injury, always ensure play equipment in your yard is in good repair and is suited to the age and skill of the children using it. Check the equipment often; replace or repair any worn or broken parts. It's also advised to set up play equipment on top of a nine-inch layer of shock-absorbing material which extends six feet out in all directions from the play area.

Water Hazards

- Drowning contributes to unintentional injury-related death among children ages one to four
- Children can drown in just a few centimetres of water if it covers their mouth and nose
- Ensure all backyard swimming pools are fenced. The fence must be at least 1.8 metres high and have a self-latching, self-closing, lockable gate. (*Alberta Building Code)

Lawn and Garden Tools

- Keep young children away from outdoor power equipment

- Serious burns may result from touching hot engine surfaces
- Ensure that all sharp tools, fuel, chemicals, and other hazardous substances are stored in a secure, locked area. A simple latch may not be sufficient.

Insect Bites and Stings

- Minimize the risk of attracting insects by not wearing strong perfumes or scented lotions
- Avoid wearing brightly coloured clothing outdoors
- Consider destroying or relocating hives and nests situated near your home
- To avoid injury through inadvertently stepping on a stinging insect, always wear footwear outdoors
- If your child has received an 'EpiPen, Junior' prescription from your physician (for anaphylactic reactions only) ensure they understand when and how to use it
- If your child experiences a severe reaction to an insect sting, or other environmental cause, seek medical attention, or call 911.

Teaching Financial Literacy to the Next Generation

by Jon Lambe



In the coming years and decades, it's estimated that approximately \$400 billion will be passed down to inheritors in Canada. It's a powerful statistic that carries with it many underlying questions and considerations for both the giving and the receiving generations, a common one of which being whether inheritors are prepared. With this historical wealth transfer on the horizon, and considering its significant impact on individuals and families, taking proactive steps to strengthen and ensure younger generations have the resources and tools needed to be confident and capable in becoming financially independent is all-important.

When it comes to financial education, it's never too late or too early to start. Below are a few key considerations for your child's financial understanding, based on their age.

Ages 6 to 13

Instilling a sense of money with your child begins with:

- Establishing chores to encourage responsibility and a strong work ethic.
- How to make the most of their allowance based on the save vs spend concept.
- Budgeting and saving strategies for the something special purchases (bike or video game).

Ages 14 to 17

During the early teenage years, it's important to:

- Continue with allowance and increase based on growing responsibility.
- Build on budgeting and savings strategies.
- Starting to invest savings and different savings options.
- Begin to discuss the use of credit and using credit responsibly.
- Introduce the concept of compound interest.
- Educate your child on the role interest plays on their savings plans as well as credit.

Ages 18 to 23

Your young adult's, intermediate financial education should include knowledge of:

- Savings/Investment options such as stocks, mutual funds, GICs.
- Importance and risks of credit.
- Importance of compounding interest and benefit of time.

To continue your young adult's financial knowledge, you can educate them by:

- Opening them an investment account to teach about safety, income, and growth of different investment options.
- Suggesting setting up an automated monthly savings contribution (to reinforce the compound interest concept).
- Comparing monthly spending vs budget to help understand wants vs needs.

Father's Day Trivia

by Shelly Smith

Here's to all the fathers, and father figures, in our lives. Enjoy the quiz!

- Who is the woman credited for the creating the first Father's Day?
 - Jeanette Rankin
 - Sonora Smart Dodd
 - Elizabeth Kenny
- Is Father's Day celebrated on the first, second, or third Sunday of June?
 - The first Sunday
 - The second Sunday
 - The third Sunday
- When was Father's Day first celebrated?
 - 1910
 - 1900
 - 1880
- What is the official flower of Father's Day?
 - Daisy
 - Carnation
 - Rose
- Who is Luke Skywalker's father in the *Star Wars* trilogy?
 - Bon Jovi
 - Darth Vader
 - Charlie Chaplin
- What was the name of the father in the TV show *The Brady Bunch*?
 - Tom Brady
 - Mike Brady
 - Joe Brady
- According to Hallmark, where does Father's Day rank, in comparison to other holidays, for the most cards sent?
 - Fourth
 - Fifth
 - Sixth
- According to Stats Canada, how many fathers (including biological, foster, and stepdads) were there in Canada in 2011?
 - 7.9 million
 - 8.2 million
 - 8.6 million
- What was the average age of dads in 2011 according to Stats Canada?
 - 27.5
 - 28.3
 - 31.2
- What cartoon bear was invented by a father for his son?
 - Winnie the Pooh
 - Yogi Bear
 - The Boss



Courtesy of Springbank Hill Community Association

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



sandstonemacewan.com/rinkrebuild

GAMES & PUZZLES

Guess That Book!



1. A nurse accidentally time travels to the 18th century.
2. On Long Island, a bond salesman rents a bungalow next to a wealthy man.
3. Humans are artificially bred and sorted based on intelligence.
4. A former physics postdoctoral student goes on a road trip with his girlfriend.
5. A forbidden romance ruins the lives of two close-knit Yorkshire families.
6. The 200-year-old protagonist is interviewed by a reporter.

SCAN THE QR CODE
FOR THE ANSWERS!



NATIONAL BEST FRIEND DAY

In Canada and the US, June 8 is National Best Friend Day! This observance exists thanks to US Congress who, in 1935, decided that a day was needed each year to celebrate close friends. June 8 was selected for its pleasant weather, making it a great day to spend outdoors with friends!



Councillor, Ward 3

Jasmine Mian

ward03@calgary.ca jasminemian.ca

@jasminemian @jasmine.mian

@jasmine_mian

Summer is here! Watch your mailbox this month for my annual Councillor Newsletter that includes updates on everything related to Ward 3.

Here are some topics and questions we've received from residents this past month. For more information or to contact my office directly, visit jasminemian.com.

Q: What do I do if I see water pooling in my neighbourhood?

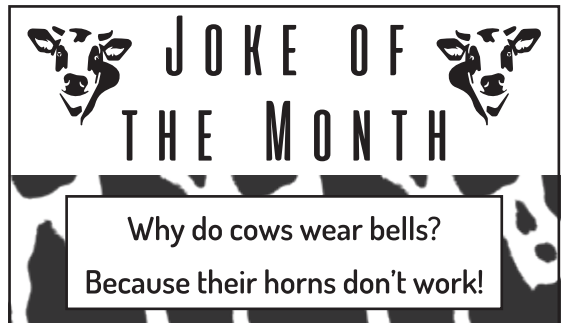
A: During the heavy spring rainfalls, storm drains can take extra time to drain. If the water hasn't drained in around 90 minutes and pooling begins, take a picture, and submit it to 311 via the app or online tool. The pictures help the City prioritize urgent requests. (Reminder to keep your eavestroughs clear and keep an eye on your storm drain!)

Q: When will fluoride be back in the water supply?

A: As part of the 2021 General Election, 62% of electors voted in favour of reintroducing fluoridation of the municipal water supply. In November 2021, Council directed Administration to begin the process. Bids for construction happened in March 2023, and it is expected we will finalize a partner this month. Based on the current projection of timelines, the fluoridation system should likely be in service June 2024.

Stampede Reminder

With July just around the corner, Stampede events are being planned across the ward! See you out there!



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NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

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The Midnight Sun

Have you ever seen the sun at midnight? If you visit Iceland in June, you just might! This phenomenon occurs because of the tilt of Earth's axis which gives places north of the Arctic Circle 24 hours of sunlight. As a result, Reykjavik, Iceland's capital, experiences the longest summer solstice in the world!



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