

FEBRUARY 2024

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THE OFFICIAL SANDSTONE & MacEWAN COMMUNITY NEWSLETTER



Afternoon Flood by Jennifer Bidlake Schroeder



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SANDSTONE MACEWAN

Community Association

sandstonemacewan.com

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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.



News from the Friends of Nose Hill

by Anne Burke

Some features produce a positive response in visitors, as a focus for passive recreation, education, and interpretation; they remain opportunities for interpretation of bedrock themes in the park. Among the landscape features are large sandstone boulders several metres across. Those in north slope coulees may contain fossil clam shells, as remnants of a wave cut terrace which tumbled onto valley glaciers.

The Nose Hill pre-glacial gravels in the eastern portion of the Hill extend throughout the hilltop. In the Burnco gravel pit - and the slopes leading to this area from 19 Street and from Charleswood Drive - several trails and junctions in the south-facing areas are where exposed gravel from the Hill use in the 1960s and 70s would have been visible unless remediation was done with nurse and native grasses, after re-rooting foot traffic while the repair was undertaken.

A review of land uses of Nose Hill revealed that areas more severely damaged by vehicles, horse and cattle grazing, and gravel extraction were slowly regenerating. Although rutted trails remained, some already had grass growing in them due to less traffic. Ravine trails were heavily overgrown by tall grasses, thistles, and nettles, so that people used them less.

Firefighting, weeding, and controlled burns with vehicles damaged the plateau and slopes above the Porcupine Valley bike path. Widened and two-track trails are from social use; trail braiding on steeper hillsides due to wet, icy, or poor conditions. An on-hill project was raking to prevent new desire lines. Work was needed on the old motorcross routes up the bluff south of Porcupine Valley and along the Many Owls Valley Road where the trails had been washed out or deeply grooved. Pedestrian use of old vehicle roads slowed regeneration and remediation was warranted.



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*We are looking
for volunteers!*

*If you are interested in checking us out, why
not volunteer to help with composting or
watering or planting.*

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CHECK US OUT ON FACEBOOK AT SANDSTONE MACEWAN COMMUNITY GARDENERS



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**

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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

February is Heart Month

by Alberta Health Services

Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing may make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack may significantly improve survival and recovery. February is Heart Month: take the time to be heart safe and learn how you can reduce your risk.

Common Signs of a Heart Attack

(Any, or all, of these signs and symptoms may occur)

- Chest discomfort described as simply a mild pressure up to a 'crushing' pain; may also be 'squeezing' or a 'heavy' sensation.
- Discomfort may move to the shoulders, arm, neck, or jaw.
- May include shortness of breath, sweating, or nausea/vomiting.
- Signs may vary person to person and can differ between men, women, and the elderly.

Heart Attack Risk Factors

- Obesity*
- Sedentary lifestyle*
- Smoking*
- High cholesterol*
- Age/Gender
- Family history

Speak with your doctor about how to treat your modifiable (*) risk factors and learn to be heart safe.



What To Do When Seconds Count

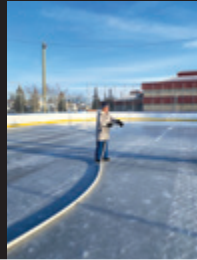
- Call 911, immediately. Early treatment can greatly reduce heart damage and be the difference between life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous, and perform an electrocardiogram (ECG).
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will share information with the hospital so that definitive treatment can begin immediately upon arrival.
- Take a CPR/AED course. Training is widely available from many reputable organizations. It's easy and could make a significant difference in the outcome of someone experiencing a heart attack.

Don't Get Stung by the Bee!

The shortest month of the year is one of the most misspelled words in the English language. February is like that mischievous word that trips up even the most seasoned spellers! It's the spelling bee's sneaky little riddle, playing hide-and-seek with that elusive "r" and making a twisty-turny challenge out of a seemingly simple month!



RUNNER UP PHOTOS



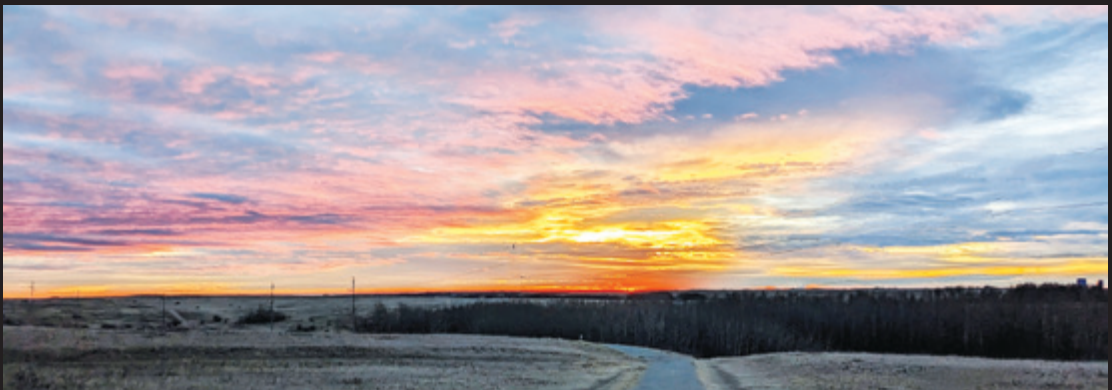
Afternoon Flood by Jennifer Bidlake Schroeder



Sandstone Park by Karen L




SMCA Hockey Rink by Butch Hogan



Nose Hill Sunrise by Trevor Bacon



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MLA Calgary-Edgemont
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This month, we're sharing tips for keeping on top of Calgary's cold weather, and how to stay safe while enjoying the winter.

Keep On Top of Calgary's Road and Pathways

Keep our community safe this winter! Winter is in full force, which means a potential for snowfall in the city. Remember to shovel your walkways and use sand or ice when needed. If you notice uncleared roads or sidewalks, report them to the City's 3-1-1 phone line or app. The Snow and Ice Road Conditions map shows the process of snow clearing operations, locations of snowplows, priority routes, and visuals of road conditions from traffic camera images. This map is located at maps.calgary.ca/RoadConditions/.

Stay Safe, Stay Off Storm Ponds

With more people heading outside for winter activities, we want to remind kids and their families to be safe while enjoying outdoor skating.

While your community storm pond may look inviting, recreational activities are not allowed on them. These ponds are part of your community's stormwater infrastructure and are there to reduce community flooding and clean stormwater before it returns to our rivers. Ice on these ponds is less predictable than ice on regular ponds and can be unstable even when it looks solid.

Here's why:

- Water levels in storm ponds can change rapidly as water moves between inlet and outlet pipes creating unpredictable ice conditions.
- Although the ice may appear thick in some areas, other areas may have little to no ice and often snow can cover visible hazards.

Instead, find a safe City or community outdoor skating rink near you at calgary.ca/rinks.

As always, feel free to reach out to us at any time at ward2@calgary.ca, or visit our Ward 2 blog at calgary.ca/ward2. I look forward to hearing from you soon!

To all those who celebrate Chinese New Year, I wish you success and good fortune. Happy Year of the Dragon!

What an amazing turnout for the NW Canadian Pension Plan Town Hall! It was inspiring to see democracy at work as so many of you took time out of your busy lives to let the UCP hear your voices and opposition to the UCP's plan to pull Alberta out of the Canada Pension Plan. Thank you so much for coming out. My favourite quote I've heard is: "I am Canadian first, Albertan second". These are words to live by and remember. Please keep reaching out to me about this issue and sign our petition at albertafutures.ca.

Did you know that 86% of people who menstruate find the cost of sanitary products to be too expensive? This forces people to choose between period products and food for their families. In one of Canada's wealthiest provinces, this is unacceptable. Period products are fundamental to healthy self-care and a basic human right.

I'm planning a Period Poverty Drive for this community to help raise awareness. Please drop by our office with your period poverty donations, Monday to Friday between 10:00 am to 3:00 pm, or any of our community partners at the Edgemont Community Association and the Ranchlands Community Association. All products will be donated back to women in need within the community on March 8, International Women's Day.

If you'd like to see me in action, follow me on YouTube and social media @NDPJulia.

Have you ever wondered what I as your MLA can do for you? I provide services such as notarizing documents, letters of support; I love coming to meetings and events to talk to you.

Please do not hesitate to contact my office if you have questions or need assistance related to provincial matters: calgary.Edgemont@assembly.ab.ca or 403-288-4453.





MP Calgary Rocky Ridge
Pat Kelly
 202 – 400 Crowfoot Crescent NW
 Calgary, AB T3G 5H6
 📞 403-282-7980 📠 403-282-3587
 ✉ pat.kelly@parl.gc.ca

Canadians are struggling with the high cost of food, energy and especially housing. 49% of Canadians spend at least half of their income on housing. Rents and mortgage payments are quickly rising and housing construction is slowing despite overwhelming demand. Conservative Leader Pierre Poilievre tabled the Building Homes, Not Bureaucracy Act, to address the housing shortage that is driving up prices and rents which incentivizes municipalities to remove red tape that prevents new construction by connecting federal infrastructure funding to increasing the housing supply.

High food prices drove a record number of Canadians to food banks last year. Canada's Food Price Report released last year predicted that the amount of money spent by the average family on food will increase by \$700 this year. The House of Commons passed a Conservative Private Members' Bill (C-234), to take the Carbon Tax off farmers in order to bring down the cost of food, but the Senate failed to pass the bill.

The federal government acknowledged that the Carbon Tax makes home heating less affordable when it granted an exemption for home heating oil used mostly by Atlantic Canadians. My colleagues and I demanded that the Government provide Carbon Tax relief to families struggling with heating bills, farmers who grow our food, and for First Nations who are now suing the government for encroaching on their Constitutional rights. After refusing to grant this tax relief, Conservatives voted non-confidence by voting against the government's spending (135 votes) for 30 hours straight shortly before the Christmas break.

Constituents are welcome to contact me with concerns related to federal policy. Feedback from constituents is critical and helps me know what constituents think about matters under federal jurisdiction.

It remains my honour to represent you at the House of Commons as your Member of Parliament.



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Luna, *Canyon Meadows*



Otto, *Crescent Heights*



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From the Heart: Show Your Cardiovascular System Some Love This Valentine's Day

From The Primary Care Network

Love is in the air and with February being Heart Month, there's no better time to show your cardiovascular system some love.

Heart disease is the second leading cause of death in Canada – luckily the Canadian Heart and Stroke Foundation says up to 80% of premature heart disease and stroke can be prevented through lifestyle choices.

Here Are Some Tips for Improving Heart Health:

• **Prioritize a Healthy Diet** – Maintaining a heart healthy diet is an important factor in heart health. Navigating all options and information can be challenging. Calgary Foothills PCN has a team of register dietitians and nurses and offers workshops.



- **Set Health Goals** – Set achievable health goals with the support of health management nurses. Incorporate exercise into your daily routine, manage stress, quit smoking or vaping, and get assistance with access to services for high cholesterol.
- **Focus on Mental Health** – Stress can cause the heart to work harder and increase your risk of heart disease and stroke. The Calgary Foothills PCN mental health team offers one-on-one counselling and workshops.

Register for free support online at cfpcn.ca. If you're not sure where to start, talk to your family doctor who can help with your care plan.



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