

JANUARY 2024

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THE OFFICIAL SANDSTONE & MacEWAN COMMUNITY NEWSLETTER



Winter Garden by Karen L.



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**SANDSTONE
MACEWAN**
Community Association

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

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

Memberships can be purchased

online at sandstonemacewan.com

For Office Use Only

Date Received: _____ Reg/Assoc

Card # Issued: _____ New/Renewal

Init: _____ Cash/Cheque

Source: _____ Rectified if Assoc:

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Calling All PARENTS

Visit mybabysitter.ca and find available babysitters in and around your community.



SANDSTONE MACEWAN

COMMUNITY ASSOCIATION

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

EXECUTIVE DIRECTORS

President	Sue Coatham
1st Vice-President	Trevor Bacon
2nd Vice-President	Phil Nantais
Treasurer	Sharon Mazurkewich
Secretary	Willa Wu

DIRECTORS

Membership Director	Carolyn Gomez
Casino Director	Pinky Nantais
Newsletter Director	Trevor Bacon
Director at Large	Jennifer Bidlake Schroeder
Director at Large	Colin May
Director at Large	Karen Lessard

Girl Guides	Leslie Jones	403-275-7098
#224 Sandstone	Steve Herz	403-262-2871
Community Partnerships	Angela Williams	angela.williams@calgary.ca
Calgary Police	Cst. Bruce Graham	bgraham@calgarypolice.ca



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.



SMCA Needs Rink Rat Volunteers for the Sandstone MacEwan Rinks!

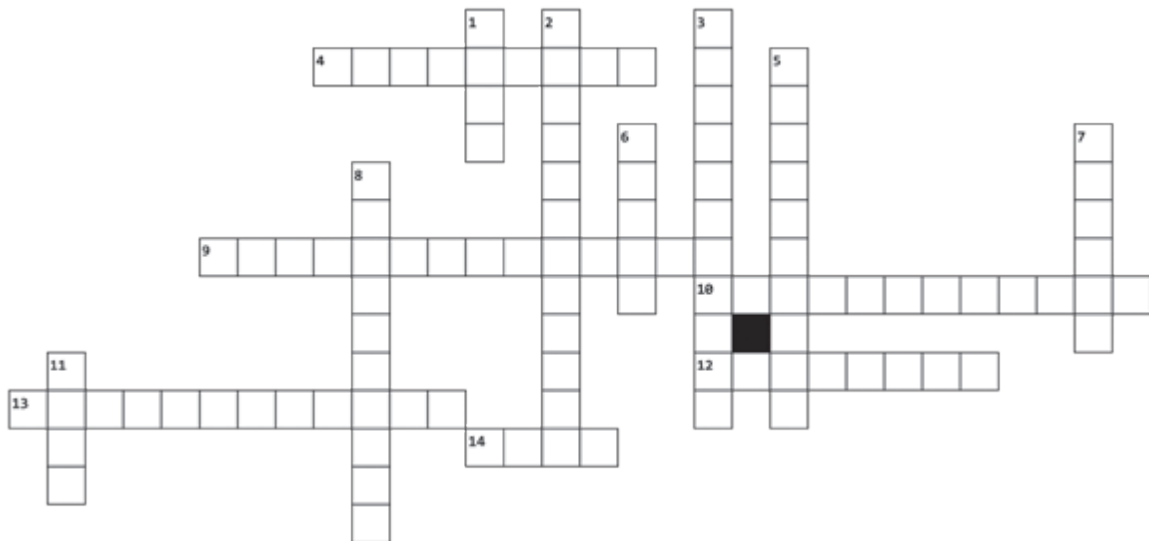
**Have a hose fetish?
Wish you could water during winter?
If you've got a couple hours a week to volunteer
at either of our community rinks we've got the hoses!**

**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

January Crossword



Across

4. Every year on January 11, Sir John A. _____ Day is observed in Canada.
9. Premiering on January 6, 1975, this game show features multiple contestants working with the alphabet to try and solve a puzzle. It has 41 seasons.
10. In 1904, the first New Year's celebration was held in Times Square to celebrate the new headquarters of this popular publishing company.
12. January is known for being the coldest month in this hemisphere.
13. Before being turned into a film, *The Girl on the Train* was written by _____ and published on January 6, 2015.
14. Born on January 25, 1981, this talented Alicia sings "No one" and "If I Ain't Got You".

Down

1. People born between December 22 and January 22 are considered Capricorns. Interestingly, this word comes from 'Capricornus' which means _____ in Latin.
2. A true Canadian icon, this former hockey player was born on January 26, 1961, and holds the nickname "The Great One".
3. This gruelling survival film came out on January 8, 2016, finally winning Leonardo DiCaprio his long-awaited Oscar.
5. This British singer songwriter was born on January 10, 1945, and is known for his raspy voice and his album *Every Picture Tells a Story*.
6. This two-faced God is the symbol of January in ancient Roman myth.
7. This stone is the official birthstone for January and is meant to keep you safe when travelling.
8. On January 25, 1961, Disney put out the spotted masterpiece, *101* _____.
11. This iconic single from Canada's own Justin Bieber features Ludacris and was released and available for digital download on January 18, 2010.

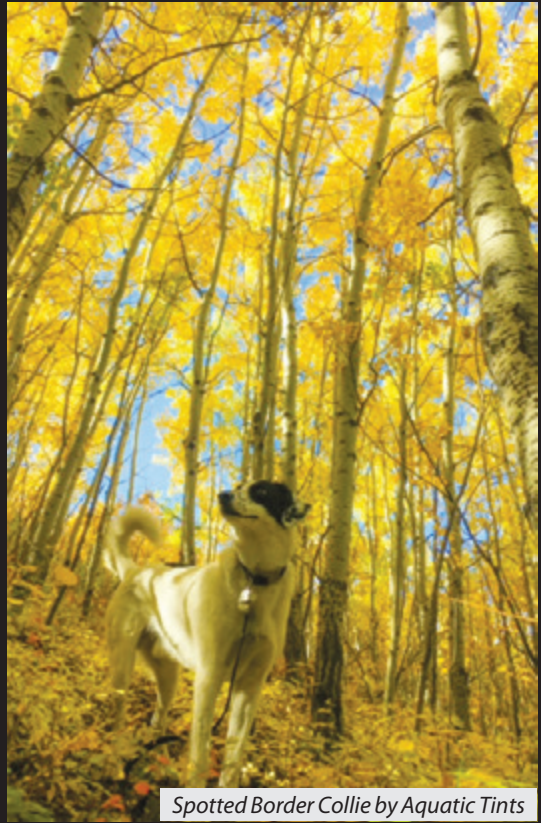


Visit bit.ly/mycalgaryanswers or scan the QR code for the answers

RUNNER UP PHOTOS



Snowy MacEwan by Trevor Bacon



Spotted Border Collie by Aquatic Tints



Snowy Rink by Trevor Bacon

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

Sledding Safety

by Alberta Health Services

Emergency Medical Services (EMS) would like to remind parents and children about a few toboggan/sledding safety tips as the winter season continues. Injuries may result from collisions with stationary objects on the hill, such as trees, poles, rocks, or even collisions with other people. Unprotected falls can also result in more serious injury if you lose control at high speeds. However, everyone can be safe and have fun on the toboggan hill by following these reminders.

Equipment

- Always ensure your toboggan, or sledding device, is in good repair. Inspect it for any damaged or missing parts before each use.
- Be certain the operator is fully capable of staying in control of the sled at all times.
- Wear a ski helmet, designed for use in cold weather and high speeds.

Hazards

- Avoid hills that are too steep or too icy.
- Choose hills free of all obstacles such as trees, rocks, utility poles, benches, or fences.

- Beware of loose scarves, or clothing containing drawstrings, which could present a strangulation hazard if they become caught or snagged.
- Look out for others. Move quickly to the side after finishing a run and stay to the side of the sliding path when walking up the hill.
- Children should be supervised by an adult; never toboggan alone.
- Tobogganing at night is not advised.

Plan Ahead

- Dress warmly in layers and anticipate weather changes.
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones.
- Take breaks out of the cold to warm up.
- Attempt to cover any exposed skin.
- Even when properly protected from the elements, the fingertips, toes, ears, the tip of the nose, and other high points on the face, such as the forehead and cheek bones can be affected by frostbite.
- If frost bite has occurred, treat it by first removing the individual out of the cold environment. Gently warm the affected skin by placing a warm hand over it, or by placing the affected part in warm - not hot - water, until re-warmed.



Sleep Hygiene: What Is It and Why Do You Need It?

by Alberta Health Services



Sleep profoundly impacts our physical, mental, and emotional well-being, and is just as vital to our health as a balanced diet and exercise.

Sleep hygiene is a term that encompasses a set of practices, habits, or routines that can help you achieve restful, high-quality sleep each and every night. By adopting good sleep practices and making them part of your daily routine, you can support your body and mind in functioning at their best.

Why Is Good Sleep Hygiene Important?

Getting a good night's rest can do wonders for pretty much every function in our body. It's important for physical health, aiding in the body's repair and rejuvenation, and muscle recovery. Sleep can improve our immune systems and help us fight off illnesses, including infections and viruses. Adequate sleep helps us maintain a healthy weight and good heart health; enhances our ability to

think clearly and make sound decisions; and helps us with mood and emotional regulation. We perform better and are more productive. Ensuring good sleep hygiene can help improve the quality of our sleep and, in turn, helps us achieve a better quality of life!

Here Are Some Practical Tips to Help You Improve Your Sleep Hygiene

- **Create a Consistent Schedule.** Anchor your wake up at the same time every day, even on weekends. Consistency, particularly with the time that you wake up, helps regulate your body's internal clock.
- **Create a comfortable sleep environment.** Ensure your bedroom is conducive to sleep. This means a cool, dark, and quiet room with a comfortable mattress and pillows.
- **Limit screen time.** The blue light from screens can disrupt your body's natural sleep-wake cycle. Avoid screens at least an hour before bedtime.
- **Be mindful of your diet.** Avoid heavy or spicy meals, caffeine, and alcohol close to bedtime, as they can interfere with your sleep.
- **Exercise regularly.** Engaging in physical activity during the day can help you sleep better at night. However, try to finish exercising at least a few hours before bedtime.
- **Relaxation techniques.** Consider trying relaxation methods in a quiet area of your home such as deep breathing, meditation, or gentle stretches to calm your mind if you find yourself wakeful when you would like to sleep.
- **Switch it up!** Try to avoid lying awake in bed if you remain wakeful despite trying to sleep. Sometimes, leaving the bedroom to do something relaxing in a low light environment and returning to bed when sleepy can help to improve sleep continuity.
- **Limit Naps.** While short power naps can be rejuvenating, long or irregular daytime naps can disrupt your sleep patterns.

Sleep hygiene is a cornerstone of our health and well-being. By adopting good sleep practices and making them a part of your daily routine, you can enjoy the numerous physical, mental, and emotional benefits of a well-rested life. Prioritizing sleep hygiene is an investment in yourself and your future, and it's a simple yet effective way to enhance your quality of life.




News from the Friends of Nose Hill

by Anne Burke

Along the many 1959 vehicle trails, a great deal of severe damage occurred on slope crests and the top of hummocky areas (i.e., a small knoll or mound above ground). Although regeneration was slow, the amount of scarring evident in 1982 photographs was less than in 1969. Many of the deeply cut and rutted trails were along the 24th Street alignment. There were significant vehicle impacts on the bluffs north and south of Porcupine Valley. The hillside due west of the Berkley Gate parking lot was heavily scarred, as were the ravine slopes and trail up the north face of the bluff that rises from the south side of the Valley. In 1990, Canadian Western Natural Gas was granted a utility metre easement in the park on the slopes marking the Park's northern boundary. Adjacent construction projects involved temporary removal of post-and-cable fencing to deposit waste in the MacEwan Glen Ravine.

Between 1982 and 1990, walkers and cyclists expanded the already extensive trail network. In 1993, trail conditions and user data were collected during the period of 20 July to 20 September from the glacial moraine (the plateau and side slopes), ravines (such as Many Owls and Porcupine Valley), and disturbed land. Use of Nose Hill was greater in the afternoon and evenings. A total of 631 people used pathways versus 200 on trails. More walkers used pathways while those with dogs used ravines. On weekends more users spent time in the ravines. Almost three times as many users were recorded using the Hill plateau and side slopes, rather than ravines, during the week. Survey work was done by pairs of volunteers from Friends of Nose Hill, Nose Hill Communities Board, and the Calgary Field Naturalists Society.

Happy Birthday, Jim!



On January 17, 1962, a comedic legend was born in Newmarket, Ontario. The star of hit movies like Ace Ventura: Pet Detective, The Mask, and Dumb and Dumber, Jim Carrey will turn 62 years old this year. Can you believe he has been gracing our screens since 1981 when he played Tony Caroni in Janet?

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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JOKE OF THE MONTH

HOW DO MOUNTAINS STAY WARM IN THE WINTER?

THEY PUT ON THEIR SNOWCAPS!





Councillor, Ward 3
Jasmine Mian
 ✉ ward03@calgary.ca 🌐 jasminemian.ca
 📘 @jasminemian 📷 @jasmine.mian
 ✂ @jasmine_mian



MLA Calgary
Amanda Chapman
 106 – 8220 Centre St, NE
 ✉ calgary.beddington@assembly.ab.ca
 ✂ amandachapman
 📘 @amandachapmandp

Happy New Year!

I hope your holiday season was filled with warmth and time with loved ones. As we enter the new year, here are some upcoming things to keep in mind.

30th Annual Calgary Awards – Call for Nominations

Do you know a neighbour, colleague, or community leader that makes Calgary a better place to live? Consider nominating them for a Calgary Award! Visit calgary.ca/calgaryawards to view the full list of categories and submit a nomination by January 31.

Property Assessments – Go Paperless and Win

If you make the change to a paperless assessment notice, you can enter for a chance to win a \$250 Visa gift card. From January 3 to March 31, visit calgary.ca/gopaperless to sign up and enter.

Snow and Ice Clearing Map

Winter is in full force in Calgary, and that means our snow and ice removal teams are working to keep roads and sidewalks clear and safe. Snow clearing is a major topic that residents write in about, and the most useful tool for navigating priority routes, plows, and timelines is the Road Conditions Map. Check it out at www.maps.calgary.ca/RoadConditions.

Chinook Blast

Calgary’s annual winter festival returns next month and runs from February 2 to 19. This year’s lineup features art installations, live shows and music, winter sports, local markets, and more. Mark your calendars and visit chinookblast.ca for all the event details.



Happy New Year Everyone!

Hard to believe 2024 is here already, I hope you all had a restful holiday season surrounded by those you care most about.


As the Legislature is adjourned until February, I am so excited to spend some more time in the communities of Calgary-Beddington speaking with neighbours and friends about their priorities for the year to come. I have heard your concerns about leaving the Canada Pension Plan, worries over healthcare restructuring, and the ongoing difficulties stemming from an affordability crisis which continues to drag on.

I want to recognize the incredible generosity we see each year around the holiday season, we know families are struggling to make ends meet and the efforts made by community partners and individuals do not go unseen. Though I do regret to see Calgarians relying on food banks in higher numbers than ever before, the kindness of our communities is always heartening to witness.

I, along with my colleagues, will continue to push this government to address those issues which face you and your families. Keep sending us emails, keep calling, and keep stopping in to share your thoughts with my office. I love nothing more than to voice the opinions of my constituents in the Legislature. I will keep working to ensure that the voice of Calgary-Beddington is heard by this government.

International Day of Education

January 24 is International Day of Education! The United Nations General Assembly solidified this annual observance to celebrate the role education plays in the development and peace within countries. Let’s hear it for all our educators on this day, and every day!





Calgary Nose Hill
Hon. Michelle Rempel Garner, MP
 115 – 70 Country Hills Landing NW
 Calgary, AB T3K 2L2
 📞 403-216-7777
 ✉️ michelle.rempel@parl.gc.ca
 🌐 www.michellerempel.ca

Happy New Year!

I hope that you and your family have a safe and successful 2024. For many in our community, 2023 brought challenges as the cost of living continues to increase and housing affordability and availability remain a national crisis. I remain focused on working to find solutions for these issues and will continue to hold the government accountable.

As a Member of the Standing Committee on Science and Research, and the co-chair of the Parliamentary Caucus for Emerging Technology, I am also focused on the growing issue of artificial intelligence. This technological advancement has the potential to greatly impact our society and, as such, legislators must seriously be looking at what regulations need to be put in place to protect Canadians and businesses.

One of the areas of concern that our current regulations do not adequately address is artificial intelligence as it relates to the creation and dissemination of non-consensual pornographic images. I believe that further protections must be implemented to reduce the gap between technological advances and the outpaced ability of Canadian lawmakers to protect vulnerable Canadians from the dissemination of non-consensual digital content. That is why I have sponsored petition e-4700 which calls on the federal government to protect vulnerable Canadians by adequately penalizing the dissemination of non-consensual AI-generated intimate digital content. You can sign this official parliamentary petition by visiting my website.

I will continue to work hard in 2024 to advocate for the needs of our community. As always, if there is an issue that you would like to bring to my attention, please do not hesitate to contact me.



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Sandstone Real Estate Update

Last 12 Months Sandstone
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
November 2023	\$ 427,000	\$ 433,500
October 2023	\$ 449,900	\$ 438,000
September 2023	\$ 412,500	\$ 422,500
August 2023	\$ 539,900	\$ 575,000
July 2023	\$ 549,900	\$ 562,500
June 2023	\$ 534,450	\$ 567,950
May 2023	\$ 475,000	\$ 462,000
April 2023	\$ 475,000	\$ 480,000
March 2023	\$ 380,000	\$ 367,250
February 2023	\$ 524,900	\$ 585,000
January 2023	\$ 462,500	\$ 467,500
December 2022	\$ 534,000	\$ 524,278

Last 12 Months Sandstone
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
November 2023	3	3
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

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
November 2023	\$ 539,900	\$ 529,000
October 2023	\$ 652,000	\$ 655,000
September 2023	\$ 579,950	\$ 585,000
August 2023	\$ 520,000	\$ 508,000
July 2023	\$ 0	\$ 0
June 2023	\$ 534,950	\$ 562,393
May 2023	\$ 499,000	\$ 507,000
April 2023	\$ 499,950	\$ 522,500
March 2023	\$ 449,945	\$ 490,000
February 2023	\$ 427,450	\$ 427,450
January 2023	\$ 407,450	\$ 386,000
December 2022	\$ 599,999	\$ 599,999

Last 12 Months MacEwan
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
November 2023	3	3
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

To view more detailed information that comprise the above
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