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THE OFFICIAL SANDSTONE & MAC EWAN COMMUNITY NEWSLETTER



Swainsons Hawk by Janice Anderson



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- Supply & install new tile to ceiling
- Supply & install one corner caddy & soap dish
- Supply & install new subfloor
- Installation of new tile flooring
- Supply & install new vanity
- Supply & install new granite or quartz countertops with undermount sink
- Supply & install new Delta vanity tops
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- Supply & install a new corner caddy with soap dish
- Supply & install new sub-floor
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- Supply & install new vanity

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Community Association

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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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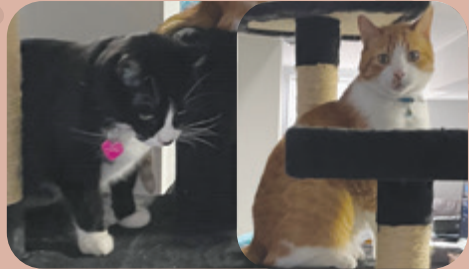
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Understanding and Managing Inflammatory Bowel Disease

by Alberta Health Services



Did you know that Canada has one of the highest rates of Inflammatory Bowel Disease in the world?

It is estimated that a new person is diagnosed with Inflammatory Bowel Disease (IBD) every 48 minutes in Canada. The number of new diagnoses is rising most in children under six-years-old. There is also an increasing rate of IBD in older adults due to better therapies that are helping people with IBD live longer.

World Inflammatory Bowel Disease Day is celebrated every year on May 19 with countries all over the world showing support for people living with this invisible disease.

What is IBD?

Inflammatory bowel disease (IBD) is a condition that causes ongoing inflammation of the intestines. It is a lifelong disease where the immune system attacks the digestive system, causing inflammation and damage. This leads to problems with digestion, absorbing nutrients, immunity, and getting rid of bodily waste.

Moderate or mild symptoms of IBD may include belly pain, frequent diarrhea that may contain blood or pus, fever, chills, weight loss, and fatigue. The inflammation due to IBD can also impact other parts of the body such

as the eyes or joints and may cause a form of arthritis. Symptoms can occur intermittently, coinciding with periods of active disease (flares) and symptom-free periods (remission).

What is the Difference Between IBD and IBS?

IBD differs from Irritable Bowel Syndrome (IBS) in a few ways. IBS does not impact the immune system or cause inflammation. IBS is far more common than IBD and impacts 18 per cent of Canadians, potentially recurring many times throughout a person's life.

There are two types of IBD: Crohn's Disease and Ulcerative Colitis. The difference between the two is based on where the inflammation occurs.

- Crohn's Disease presents as inflammation in the small intestine but can affect any part of the digestive tract.
- Ulcerative Colitis is typically inflammation in the colon (or large intestine) and the rectum.

People with IBD may have different experiences depending on where the inflammation is. They may notice:

- Abdominal pain and cramping
- Severe diarrhea
- Rectal bleeding or blood in stool

- Weight loss
- Low appetite

Living With IBD

IBD is treated with medicines and, sometimes, with diet changes which can keep the disease in remission. If the disease is in remission, treatment may not be required. A severe attack of IBD may require hospitalization and, in some severe cases, surgery may be needed. IBD increases the risks of colon cancer, so it is important to ask your doctor about cancer screening. The level of risk depends on the type of IBD you have and how long you've had it.

The exact cause of IBD is unknown which is why there is no cure for this disease. Research has found that genetics and the environment can put people at risk of IBD or protect against it. One of these factors is diet. Many people are interested in managing IBD through diet to avoid medication or surgery. The nutrition recommendations for people with IBD are to follow a Mediterranean diet, focusing on:

- whole grains
- lean proteins
- a variety of fruits and vegetables
- a moderate reduction in red meats, saturated fat, added sugars, and processed foods

To learn more, visit ahs.ca/NutritionHandouts.

People with IBD may avoid certain foods to try to control their symptoms. It is recommended to keep a food and symptom journal to see which foods are best for you. Search "journal" at ahs.ca/nutritionhandouts for ideas.

Keep in mind that food restrictions are only recommended for people with known intolerance. These restrictions should be short-term and challenged periodically to avoid malnutrition. A registered dietitian can help tailor a healthy diet that is right for you.

For more support:

- Call Health Link at 8-1-1 and ask to talk to a dietitian or complete a self-referral form on ahs.ca/811.
- Visit ahs.ca/Nutrition.
- Call, text, or chat with 211 Alberta (ab.211.ca/) to find out about financial benefits, programs, and services.
- For more information on IBD, look to Crohn's and Colitis Canada at crohnsandcolitis.ca.

Oh Kanata!

The name "Canada" comes from "Kanata", a Huron-Iroquois word for village. However, in 1535, explorer Jacques Cartier misunderstood the meaning of this word. The Iroquois used the word to tell Cartier the way to Stadacona (now known as Quebec City). But Cartier thought it referred to the entire region, and the name stuck!



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RUNNER UP PHOTOS



I See You by Trevor Bacon



Sun Setting on the Rink by Kevin Swaby

Word of the Month

Tintinnabulation: *noun* (tin-tin-nab-u-la-tion)

A sound which emulates a ringing, jingling, or tinkling of bells.

The orchestra played a composition where the percussion section summoned a ceaseless tintinnabulation, creating a wonderful echo of sound.

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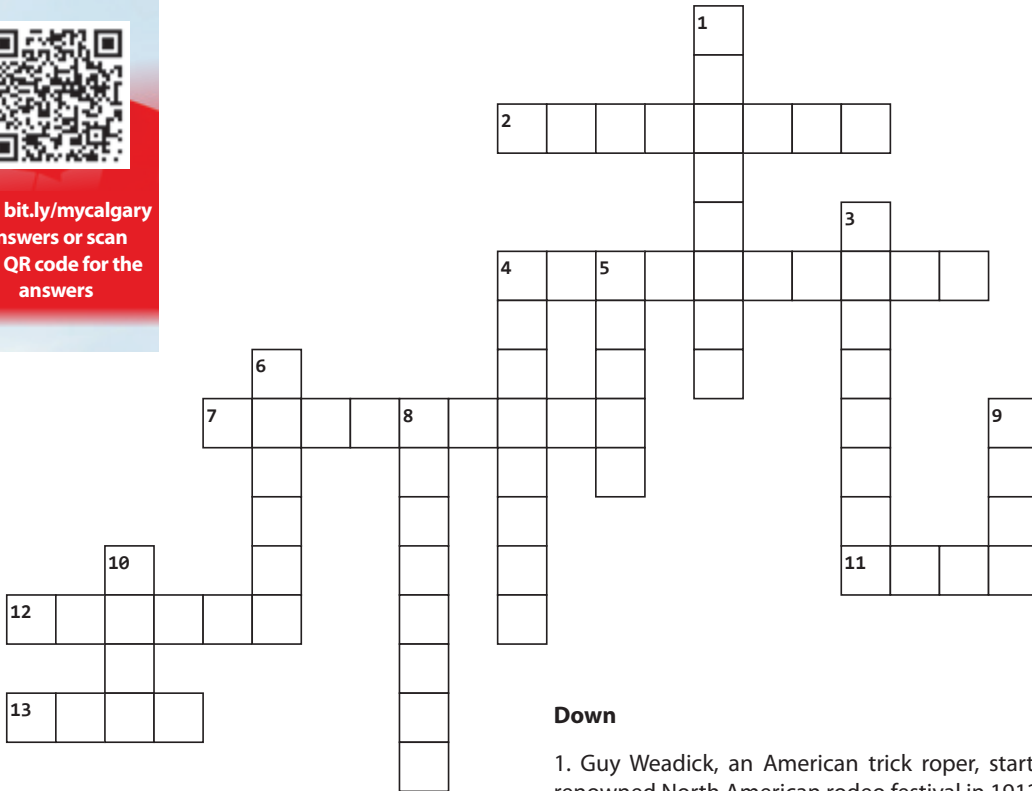
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July Crossword



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



Across

2. Pamela Anderson, famous for her role in _____, was born in Ladysmith, BC on July 1, 1967.
4. This popular magical, family-friendly theme park opened on July 17, 1955, in the United States.
7. AT&T launched the Telstar, a communications _____, on July 10 of 1962, which paved the way for communications on cell phones and Wi-Fi technology.
11. This July birthstone is also known as "Ratnaraj" which is Sanskrit for "King of Gems."
12. July is named after the Roman General, Julius _____.
13. The Calgary _____ Music Festival has been a music highlight in Calgary's artistic scene since 1980 and takes place from July 25 to 28 this year.

Down

1. Guy Weadick, an American trick roper, started this renowned North American rodeo festival in 1912.
3. *The Catcher in the Rye*, written by J.D. _____, was released on July 16, 1951.
4. Canada Day is celebrated on July 1 every year but was originally referred to as _____ Day.
5. What type of animal was Dolly, the first mammal ever cloned in July of 1996?
6. The Rolling Stones, with frontman Mick _____, played their first ever concert on July 12, 1962.
8. One of July's birth flowers, the _____, is also known as a delphinium.
9. This action sci-fi prequel to the *Predator* franchise, filmed in Alberta, was released on July 21, 2022.
10. On July 20, 1969, the Apollo 11 mission landed on the moon with commander _____ Armstrong.



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GAMES & PUZZLES

Guess That Fruit!

1. This fruit is known for how well it bounces.
2. Typically, this fruit has the most seeds.
3. This fruit is known as the worst smelling fruit in the world.
4. There is a constant argument about whether this is actually a fruit.
5. The volume of this fruit is 25% air.
6. The _____ plant produces only one fruit per plant at a time.



BRAIN GAMES SUDOKU

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Heat Related Illness

by Alberta Health Services



EMS would like to remind everyone to stay safe in the heat and sun this season. While children and the elderly may be more susceptible to the effects of heat and sun, basic prevention measures should be taken by all to avoid a heat related illness during periods of hot and humid weather.

Heat Exhaustion

- Heat exhaustion can occur due to excessive fluid loss during periods of prolonged sweating in a hot and/or humid environment (indoors or outdoors).
- Patients may suffer headaches, weakness, fatigue, nausea/vomiting, thirst, chills, and profuse sweating.
- The patient is usually cold and damp to the touch and the skin may appear pale or dusky gray.

Heat Stroke

- Heat stroke is a medical emergency which, without prompt treatment, could be fatal.
- It occurs when the body can't cool itself naturally (e.g., perspiration). The body's temperature will continue to rise to dangerous levels.
- Due to severe dehydration and the inability to sweat, the patient may appear flushed, and skin may be hot and dry to the touch.

First Aid

- First aid for all heat related illness begins with removing or sheltering the patient from the hot environment.
- Remove excess, or tight-fitting clothing, and allow them to rest in a cool environment.
- If the patient is conscious and alert, provide suitable fluids such as water, juice, or a sports drink.
- If you are concerned, seek medical attention.

Prevention

- Stay well-hydrated by drinking plenty of water at all times.
- Be aware that excessive alcohol consumption will promote dehydration.
- Always wear a broad brimmed hat to keep the sun off your face and neck.
- Apply a broad spectrum, waterproof sunscreen with a minimum SPF of 30+, especially for children. The sun's UV rays peak between 11:00 am and 3:00 pm, even on cloudy days.

Summer Fresh Strawberry and Avocado Salad

by Jennifer Puri



Avocado is a large berry with a single seed and has much more fat than other fruit. Grown mostly in Central America and Mexico avocado trees can live up to 400 years.

Avocados have yellow or green flesh, a nutty flavour and are very popular in vegetarian cuisine. They are considered “heart-friendly” as their fat is monounsaturated plus they are gluten and cholesterol free and contain vitamins B, E, K, omega three fats, and potassium.

Loaded with fibre, avocados can be added to smoothies, used as a substitute for meat in salads and sandwiches, and as a spread on tortillas or sushi.

The flesh of avocados can be prevented from browning by adding lime or lemon juice. Avocado slices can be added to hamburgers, soups or served with fresh strawberries and spinach leaves as shown in this recipe for Summer Fresh Strawberry and Avocado Salad.

Prep Time: 15 minutes

Servings: 3 to 4



Ingredients:

- 150 gm fresh spinach leaves
- 500 gm fresh strawberries cut in halves
- 2 avocados
- ½ small red onion, finely sliced
- ½ cup shredded almonds
- ½ cup olive oil
- 1 tbsp. grainy Dijon mustard
- 2 tbsps. maple syrup
- 1 tbsp. lemon juice
- ½ tsp. salt
- ¼ tsp. coarsely ground black pepper

Directions:

- Prepare dressing by combining the olive oil, Dijon mustard, maple syrup, lemon juice, salt and black pepper in a small bowl or jar, blend well and set aside.
- Place the washed spinach, strawberries, and sliced onion in a large bowl. Peel the avocados, remove the seeds, slice, and add to the salad mixture. Drizzle with the prepared dressing and gently toss until all the ingredients are combined. Garnish with shaved almonds and serve.

Bon Appétit!

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News from the Friends of Nose Hill

by Anne Burke

The guided free Nose Hill Flower Walk on Tuesday, July 9 at 7:00 pm will meet at the parking lot on 14 Street and 64 Avenue NW. You are also invited to another exciting plan for a pair of weed pulls at the south-end of Nose Hill by the Winter Club, on Saturday, July 13 and Sunday, July 21 from 9:00 to 11:30 am. The Nose Hill ecologist (andrew.phelps@calgary.ca) says, for dense infestations, that early season pulling allows for a more effective application of herbicide throughout the whole plant later. July and early August are the busiest times to catch many weed species before they go to seed. Events are booked early to beat the heat. Jim Davis, the Program Coordinator for Activations and Education for Calgary Parks and Open Spaces, will assist and said to let him know of any questions at jim.davis@calgary.ca. He wrote: "Yes, we have been working to schedule two volunteer projects to address Canada and Notting Thistle at Nose Hill Park. The current plan is to start at 9:00 am on both days, ending around 11:30 am. We will be meeting at the Park's parking lot at the corner of the Winter Club and working on the south-end of the park, moving clockwise to the west/north. The event is open to up to twenty volunteers working alongside a couple of Parks' staff who will give safety and task demos and bring all required tools. Prospective volunteers should wear closed-toe shoes and long pants, clothing suitable for weather conditions that day, and bring gloves if they have them. We also will have gloves available. Parks' staff will map the event, track weed removals, and drop them at a designated facility".

YOUR CITY OF CALGARY

Tune in to the New City of Calgary Podcast

by the City of Calgary

Calgary is one of the most liveable cities on the planet. As one of Canada's fastest-growing cities, we're building to meet the needs of our expanding population, striving to create a vibrant, affordable place for soon-to-be two million residents.

There's a lot that goes on behind the scenes to make this happen. That's why The City of Calgary is introducing a new podcast called *Calgary Conversations, An Insider Pass to the Heart of Calgary's City Hall*.

In each monthly episode, we peel back the layers of our vibrant community, shedding light on the priority areas that shape our city's future. From public safety to housing, downtown revitalization, and beyond, we're here to uncover the stories that matter most to you.

Join us as we embark on a journey of discovery, exploring the narratives that weave the fabric of our city. Through engaging interviews with City staff and partners, in-depth analysis, and compelling storytelling, *Calgary Conversations* offers a fresh perspective on the issues that impact us all.

We're not just here to talk; we're here to connect, educate, and empower you with the knowledge to make a difference in your community.

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Happy Canada Day! I hope you are able to take some time this summer to reflect on what a wonderful country and community we call home.


I continue to hear concerns about the high cost of living in our community. The cost of food and housing must be addressed. That is why the Official Opposition has been calling for a summer break for Canadians from the carbon tax, the federal fuel tax, and GST on gasoline and diesel. Unfortunately, the federal government has not implemented this solution that would help ease the financial burden on Canadians. Nevertheless, I will continue to work hard and push for solutions to the challenges people in our community are experiencing.

As Parliament is out of session, I look forward to spending time in our community hearing about the issues that are important to you. Many community and faith-based organizations are hosting events throughout the city over the summer. I hope you will join me in supporting these events that bring our community together. Thank you to all the volunteers that make these events possible.

I hope you have a safe and enjoyable summer.



Yahoo Cowtown!



Cowtown (that's Calgary's fun nickname) hosts its annual Stampede from July 5 to 14 this year. Back in 1912, when the very first Stampede kicked off, it drew a whopping 80,000 folks to town! Now, here's the kicker, at that time, Calgary's population was just 47,000!

Here are some updates related to Ward 3, the City of Calgary, and Council decisions.

Want to Learn More About City Planning?

The City's Partners in Planning program offers an in-person opportunity to meet planners and learn about how the City creates policies around growth. Register for your spot at calgarycommunities.com/events.

Make Every Drop Count

Calgary had a mild spring, but we all still need to do our part to conserve water when we can – especially outdoors. The City recently updated its bylaw to reflect the current drought conditions – stay up to date at calgary.ca/drought and make every drop count.

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- Apply for a rain barrel.
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- Let your grass grow to five to seven cm.

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