

MARCH 2024

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*Nose Hill Sunset by Shawn L.*



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# Epilepsy Awareness Month

## Shine a Light on Epilepsy

This March, let's unite in support of the 30,000 individuals living with epilepsy in Southern Alberta. Together, we can make a meaningful impact. Wear purple, light up spaces, and be part of the movement!

MARCH 26  
**Purple Day**



**Light up the Night in Violet Vibes!** Light up your homes, offices, and public spaces in purple to show your solidarity.



**Dress in Grape Glory!** Show your support by wearing purple clothing or accessories on March 26th.



**Spark a Purple Revolution!** Be a part of the change! Donate or start a fundraiser.



[epilepsycalgary.com](http://epilepsycalgary.com)

Share your purple moments using

**#postyourpurple**



# SANDSTONE MACEWAN

## COMMUNITY ASSOCIATION

300 - 8120 Beddington Blvd. NW • Calgary, AB T3K 2A8  
 General Inquiries: [info@sandstonemacewan.com](mailto:info@sandstonemacewan.com)  
[sandstonemacewan.com](http://sandstonemacewan.com)

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# SANDSTONE MACEWAN

*Community Association*

[sandstonemacewan.com](http://sandstonemacewan.com)

Becoming a member is easier than ever!

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



### Calling All BABYSITTERS

Enroll free at [mybabysitter.ca](http://mybabysitter.ca) and choose the Calgary communities you would like to babysit in.

### Calling All PARENTS

Visit [mybabysitter.ca](http://mybabysitter.ca) and find available babysitters in and around your community.



## 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

As many of you are aware, there is an annual global community science competition which documents urban diversity in 460 cities.

Find Wildlife. Take a Picture or Record. Share! Public bioblitzes are held across Calgary with local stewardship groups. The challenge engages citizen scientists in finding and documenting plants, animals, and other living organisms in urban areas. Since parks are for everyone, use only designated pathways and trails. Respect wildlife and keep your distance. Use designated garbage bins. Keep dogs leashed and pick up after them. Respect other visitors.

The 2023 City Nature Challenge involved taking pictures from April 28 to May 1, and then identifying them. In all there were over 1.8 million observations, nearly 58,000 species, and 66,394 participants. For example, Urban Bee Flies were among one of the species identified and they are important pollinators in Calgary. One of Calgary's most observed butterflies, in spring and fall, was the Mourning Cloak. Common Greenshield Lichen and Red-stemmed Feather Moss were also observed in Calgary. A Water Strider was observed in Bowness Park. A Boreal Chorus Frog was also observed in a threatened wetland of Calgary. The Canada Goose in Calgary's urban ecosystem was also observed. An Orange-Crowned Warbler in Weaslehead Natural Area was also identified. Find pictures of all these species and more at [www.citizenblitz.ca/](http://www.citizenblitz.ca/).

Yes, the City Nature Challenge will take place again this year. The dates for the event are April 26 to April 29: Taking pictures of wild plants and animals. April 30 to May 5: Identifying what was found. Canadian and global results will be announced on Monday May 6, 2024. This will be the sixth year for Calgary Region participation and there are awards for the top cities. It can be any plant, animal, or any other evidence of life found in the City. Take a picture of what you find or record a sound. Be sure to note the location. Share your observations. The set up for the project page, working with the global organizer team for materials, and more can be found at: [www.inaturalist.ca/projects/city-nature-challenge-2024-calgary-metropolitan-region](http://www.inaturalist.ca/projects/city-nature-challenge-2024-calgary-metropolitan-region).

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# SANDSTONE MACEWAN

*Community Association*

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## Support the SMCA Outdoor Rink Rebuild!

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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](https://sandstonemacewan.com/rinkrebuild)

### Burns and Scalds

from Alberta Health Services

Each year Emergency Medical Services respond to emergencies involving young children who have sustained severe burns or scalds. These incidents often occur inside the child's own home. Common causes include a child accidentally tipping hot liquids onto themselves, touching hot surfaces such as stoves, or making contact with electrical outlets. Fortunately, incidents such as these can be avoided by taking preventative measures.

#### Degrees of Burn

- 1°: Affects only the top layers of the skin; appears red like a sun burn; discomfort is generally tolerable
- 2°: Deeper and much more painful than 1° burns; broken skin or blisters commonly develop
- 3°: Severe. The deepest layers of skin and tissue are injured; may appear charred or leathery.

#### First Aid for Burns

- Skin may continue to burn if not cooled. Immediately douse burns with large amounts of cold water.
- Cover the burn with a sterile dressing, or at least clean material to protect infection.
- Over the counter medications may be used for pain. Adhere to directions given on the label.
- Seek further medical attention, as required.

#### Prevention of Burns

- Check the temperature of your hot water tank. Temperatures as high as 60°C / 140°F will scald a child in just seconds.
- Use placemats instead of tablecloths. Tablecloths can be yanked downward causing hot drinks or food to spill on a child.

- Turn pot handles to the back of the stove and ensure cords from kettles, slow cookers, and other electrical appliances cannot be reached.
- Avoid picking up a child while holding any hot liquids.
- Ensure electrical outlets are made secure by installing commercially available safety devices which prohibit access.
- Keep children away from areas where appliances are in use (kettles, irons, hot stoves).

If you require immediate medical attention, call 9-1-1.



## Hunting for Luck

Hunting for a four-leaf clover is like searching for a lucky needle in a green haystack! With odds of approximately 1 in 5,000 to 10,000, these elusive charms owe their rarity to a quirky genetic mutation that adds that extra bit of luck.



# RUNNER UP PHOTOS



*Keeping warm with community friends I  
by Shauna Brady*



*Keeping warm with community friends II  
by Shauna Brady*



*Skate at the pleasure rink*

## GAMES & PUZZLES

### Guess the Country!

1. Over 80% of this Asian country is mountainous.
2. This European country is also known as The Emerald Isle.
3. Asmara is the capital of this African country.
4. It is mandatory in this South American country to play the national anthem twice on television and radio every day.
5. This Central American country's capital has a rain forest within its city limits, making it the only known one in the world.
6. This Oceanic country, known for its 7s rugby team, is composed of over 300 islands.



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# Spicy Chicken Curry

by Jennifer Puri



Spice it up! Spices improve the natural flavour and appearance of food. There are over 300 spices but the most popular are Black pepper, Mustard, Cumin, Turmeric, Cloves, and Cinnamon.

Spices have been used for centuries for their medicinal and preservative qualities. In addition to their antibacterial and antifungal properties they are also a good source of vitamins, calcium, iron and antioxidants.

Saffron often referred to as “red gold” is the most expensive spice in the world and because of its distinctive yellow colour is used in everything from liquor, cheeses, curries, meat and rice dishes and soups.

Generally used in small amounts spices are probably the easiest way to create a great tasting meal.

**Prep Time:** 15 minutes

**Cook Time:** 40 minutes

**Servings:** 5 to 6

**Ingredients:**

- 3 lbs boneless, skinless chicken breasts
- 2 small onions finely sliced
- ¾ cup Canola oil
- 1 ½ tbsps minced ginger
- 1 ½ tbsps minced garlic
- 3 tbsps curry powder
- 1 tsp ground cumin
- 1 tsp ground turmeric
- 1 ½ tps powdered red chilli peppers

- 2 bay leaves
- 1.5 tsps salt
- 1 cup plain yoghurt
- ½ can (398 ml) crushed tomatoes
- 1 ½ cups water
- 1 tsp sugar
- ¾ cup coconut milk
- 1 ½ tsp Garam Masala
- 3 to 4 tbsps chopped cilantro

**Directions:**

- Cut chicken breasts into bite size pieces. Heat oil in a large pot or skillet, add onions and sauté until onions are lightly brown. Add ginger and garlic and sauté for a minute then add chicken and continue sautéing until the chicken is no longer pink on the outside about two to four minutes.
- Add curry powder, cumin, turmeric, red chilli peppers and the bay leaves and stir fry for two to three minutes. If the mixture is sticking to the pot sprinkle a little water and reduce heat.
- Next add the yoghurt and blend in followed by the water. Cover the pot and allow the curry to simmer for approximately 15 to 20 minutes or until chicken is tender.
- You can now add the crushed tomatoes, sugar and coconut milk and simmer for two to three minutes.
- Remove the curry from the heat and garnish with garam masala and chopped coriander leaves.
- Serve Spicy Chicken Curry with a tossed salad, steamed rice or naan bread.

Bon Appétit!





## Sandstone Real Estate Update

Last 12 Months Sandstone  
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
January 2024	\$599,990	\$580,000
December 2023	\$619,900	\$600,000
November 2023	\$427,000	\$433,500
October 2023	\$449,900	\$438,000
September 2023	\$412,499	\$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

Last 12 Months Sandstone  
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
January 2024	6	5
December 2023	3	3
November 2023	3	3
October 2023	2	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

To view more detailed information that comprise the above  
MLS averages please visit [sand.mycalgary.com](http://sand.mycalgary.com)

## MacEwan Real Estate Update

Last 12 Months MacEwan  
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
January 2024	\$599,900	\$630,000
December 2023	\$692,450	\$730,000
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

Last 12 Months MacEwan  
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
January 2024	3	3
December 2023	2	2
November 2023	2	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

To view more detailed information that comprise the above  
MLS averages please visit [macg.mycalgary.com](http://macg.mycalgary.com)

## March Gardening Magic: Nurturing Your Calgary Garden

by Carolyn, Calgary's Home Gardener Helper



March in Calgary signals the slow but steady awakening of the garden from its winter slumber. As the city experiences a transition from winter to spring, gardeners can leverage the changing weather to kickstart their gardening endeavours. Here's a guide on what Calgary gardeners should focus on in March.

**1. Soil Assessment and Preparation:** Snow farming in Southern Alberta involves strategically managing snow accumulation in the winter to serve as a water resource during dry periods. With Agriculture Canada predicting drought-like conditions in 2024, snow farming becomes crucial for sustaining moisture in your soil. Stored snow provides essential moisture for plants, mitigating the impact of water scarcity.

**2. Indoor Seed Starting:** March is a prime time for indoor seed starting in Calgary. Start seeds for vegetables, annuals, and herbs indoors, taking advantage of the longer days. While outdoor conditions may still be unpredictable, nurturing seeds indoors ensures they're ready for transplanting when the frosty days subside.

**3. Pruning and Grooming:** Before the growing season gains full momentum, Calgary gardeners should engage in pruning and grooming tasks. Trim dormant trees and shrubs to encourage healthy growth, removing any dead or damaged branches. Groom perennial plants by cutting back dead foliage and inspecting for signs of winter stress.

**4. Plan and Design:** The fluctuating weather in March makes it an ideal month for garden planning. Calgary gardeners can use this time to finalize garden layouts, considering factors like sunlight exposure, wind patterns, and plant placement. A well-thought-out plan ensures a harmonious and visually appealing garden.

**5. Weather Watch for Frost:** Calgary's March can bring occasional frosty nights. Keep a vigilant eye on weather forecasts and be prepared to protect tender plants if temperatures dip unexpectedly. Covering plants with frost blankets or using other protective measures can safeguard them from late-season frost.

In conclusion, Calgary gardeners can make the most of March by aligning their activities with the unique cycle of weather conditions found in this transitional month. We must embrace the opportunities that this month presents with the optimism of the approaching garden season.





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# Checking in with Anxiety

by Alberta Health Services

It's normal to feel worried or anxious at times within your daily life. Mild to moderate anxiety can help you focus your attention, energy, and motivation. But when these feelings become severe and out of balance, causing you to feel helpless, confused, or very worried, it may be a symptom of an anxiety disorder or a more serious problem such as depression.

Anxiety can cause physical and emotional symptoms. A specific situation or fear can cause some or all of these symptoms for a short time. When the situation passes, the symptoms usually go away.

### What is an Anxiety Disorder?

Anxiety disorders occur when people have both physical and emotional symptoms. These disorders interfere with how a person gets along with others. They also affect daily activities.

Often the cause of anxiety disorders isn't known. Many people who have them say that they've felt nervous and anxious all their lives. This problem can occur at any age. Children who have at least one parent with the diagnosis of depression are more than twice as likely to have an anxiety disorder than other children.

Did you know? Women are twice as likely as men to have problems with anxiety disorders.

Anxiety disorders often occur with other problems, such as:

- Mental health problems, like depression.
- Substance use problems.
- A physical problem, like heart or lung disease. A complete medical checkup may be needed before an anxiety disorder can be diagnosed.

When you have a generalized anxiety disorder, you feel worried and stressed about many everyday events and activities. But it could result in more serious outcomes like panic attacks and phobias.

### What is a Panic Attack?

Panic attacks are sudden feelings of extreme anxiety or an intense fear without a clear cause or when there is no danger. While common, panic attacks sometimes occur in otherwise healthy people. They usually only last a few minutes but can last longer. For some, anxiety can worsen quickly during the attack.

Symptoms include:

- Feeling like you're dying or losing control of yourself.
- Rapid breathing (hyperventilation).
- Numbness or tingling of the hands or lips.
- A racing heart. You may feel dizzy, sweaty, or shaky.
- Trouble breathing, chest pain or tightness, and an irregular heartbeat. These symptoms come on suddenly and without warning.

Sometimes symptoms of a panic attack are so intense that you may fear that you're having a heart attack. Many of the symptoms of a panic attack can occur with other illnesses, such as hyperthyroidism, coronary artery disease, or COPD. A complete medical checkup may be needed before an anxiety disorder can be diagnosed.

People who have repeated unexpected panic attacks and worry about the attacks are said to have a panic disorder.

### What is a Phobia?

Phobias are extreme and irrational fears that interfere with daily life. While phobias are common, they can present as fears that are out of proportion to real danger. Some individuals with severe phobias are unable to control their fears and can occur with other conditions, such as panic disorder or Tourette's disorder.

Most people deal with phobias by avoiding the situation or object that causes them to feel panic. This is called avoidance behaviour. A phobic disorder occurs when the avoidance behaviour becomes so extreme that it interferes with your daily activities.

There are three main types of phobic disorders:

- Agoraphobia: fear of being alone or in public places where help might not be available, or escape is impossible.
- Social Phobia: fear of situations where you might be exposed to criticism by others.



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- Specific Phobia: fear of specific things.

Phobias can be treated to help reduce feelings of fear and anxiety.

#### **Paying Attention to Anxiety**

Life is full of ups and downs which can cause shifts in your anxiety from time to time. It's important to check in with yourself, finding time each day to take notes or monitor how you are feeling in certain situations. Documenting these moments of anxiety can help you process and work through those issues, but it can also help you determine a baseline. This can help make it clear when things are going well or if you need to check in with your doctor and develop a plan to address your anxiety.

Anxiety can be treated through cognitive-behavioural therapy, relaxation therapy, anxiety reduction classes, medicines, or a combination of methods. Talk to your doctor and ask questions if you think you are struggling with anxiety.



# What to Do with Old, Broken, or Unwanted Items?

*by the City of Calgary Waste and Recycling Services*

There's always clutter that needs to get cleared out of closets, the basement, and the garage, but do you know what to do with all those unwanted items?

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You can look up hundreds of different items from televisions, light bulbs, toys, bicycles, furniture, and so much more. Try the 'What Goes Where' tool today at [calgary.ca/whatgoeswhere](http://calgary.ca/whatgoeswhere).



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**SANDSTONE VALLEY**



**MACEWAN GLEN**



## City-Wide Rezoning Proposal

To address the on-going housing affordability crisis, cities across Canada are taking steps to make home building easier. The City of Calgary is proposing a city-wide rezoning, which will allow duplexes and rowhouses to be built in more places across the city. Postcards were mailed to affected residents in January about city-wide information sessions.

This month impacted landowners will receive additional notification of the proposal.

A public hearing date has been set for April 22, 2024. You can register at [calgary.ca/publichearing](http://calgary.ca/publichearing).

You can learn more about how this affects you at [calgary.ca/rezoningforhousing](http://calgary.ca/rezoningforhousing).

## Single Use Items Bylaw Repeal

In January, City administration rolled out a Single Use Items Bylaw. Many residents reached out to my office to express concerns about the bylaw. There were requests for changes, as well as requests to fully repeal the bylaw. In particular, I heard frustration about the bylaw's application in drive-thru and fast-food establishments. After much debate about whether to change aspects of the bylaw, or scrap it, Council decided to proceed with a full repeal. Thanks to everyone who reached out to express their concerns.

**Disclaimer:** The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

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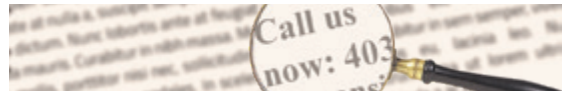
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## Linen Cleaning Services

- Towels, Sheets, Pillow Cases, & Face Cradles
- Ideal services for Hotels, Massage, Physiotherapy, and Chiropractic



## Workwear Cleaning Services & Supplies:

- Uniforms, Coveralls, Gowns, Rags
- Tork Dispensers and Supplies

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