

OCTOBER 2024

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THE OFFICIAL SANDSTONE & MacEWAN COMMUNITY NEWSLETTER



Nose Hill Fall Colours by Trevor Bacon

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SANDSTONE MACEWAN

COMMUNITY ASSOCIATION

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 General Inquiries: info@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.

MANY OTHER PACKAGES AVAILABLE!

BATHROOM RENOVATION SALE

SUPREME ULTIMATE

- Remove all old materials from bathroom and job site
- Supply & install new acrylic soaker tub
- Supply & install new toilet with soft close seat
- Supply & install new Delta pressure balance taps
- Supply & install new showerhead & diverter spout
- Supply & install new mold-resistant board
- 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
- Supply & install new drain system & pop-up stopper

ABSOLUTELY NO HIDDEN COSTS

Some restrictions may apply. Reg: \$14,679

SALE **\$10,769**
Limited Supplies

TUB TO SHOWER CONVERSION

- Remove all old materials from bathroom and job site
- Supply & install one custom shower stall 60" x 30"
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- Schluter base
- Supply & install new tile to ceiling
- Supply & install custom shower doors
- Supply & install new Delta pressure balance taps
- Supply & install new toilet with soft close seat
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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:

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Email: memberships@sandstonemacewan.com

Memberships can be purchased

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Date Received: _____ Reg/Assoc

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SHIPWRECKED

Of course, it is nearly impossible to know the exact number of shipwrecks on the ocean floor. However, the current estimate is that there are about three million shipwrecks scattered down there. These wrecks include everything from sunken war ships to small, abandoned recreation boats.

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Halloween Safety

by Alberta Health Services



The members of Calgary's Partners for Safety: Calgary's Child Magazine, AHS EMS, Calgary Police, Fire, 9-1-1, Bylaw, and Transit would like to remind parents and trick-or-treaters of some Halloween safety tips as October 31 approaches. Partners for Safety vehicles will be out patrolling communities on Halloween night to provide a visible safety resource for parents and trick-or-treaters.

Trick-or-Treaters

- Remember: All regular pedestrian rules still apply. Be sure to cross the road at marked crosswalks, or well-lit corners only. It is safest to work your way up one side of the street, and then cross once to the other side.
- Avoid houses that are not well lit. Do not accept rides from strangers or enter any home you feel is unsafe.
- Let your parents know where you are going to be at all times (route) and advise them if you will be late returning.

Parents

- Be certain that young trick-or-treaters are accompanied by an adult. Older children should stay in groups.
- Pre-determine boundaries to trick-or-treat within and establish a firm time to return home.

- Advise children not to eat anything until they return home. Dispose of any items that appear to have been tampered with, or that are not properly wrapped.

Costumes

- Choose bright coloured costumes that are highly visible. Adding reflective tape to costumes further increases visibility.
- Consider sending your children with a flashlight for additional safety and increased visibility.
- When purchasing or making costumes, look for materials and accessories that are labeled flame-resistant.
- All costume accessories, such as sticks, rods, or wands, should be soft and flexible, with no sharp edges.
- Consider using hypoallergenic make-up kits instead of masks that may impair breathing, or vision.
- Be sure costumes are loose enough to be worn over warm clothing, but not so long that they become a tripping hazard. Costumes should not be longer than your child's ankles.
- Ensure your child is wearing adequate footwear that takes into consideration weather conditions and walking.

Striving for a Successful School Year? Try Making Nice with Conflict

by K.L. Campbell, M.Ed., Retired CBE Principal, Community Mediation Society of Calgary, Roster Member (CMSC)



This week, students across Canada return to school as the familiar rhythms and routines of school land with a bang into family life. Despite the upbeat and wholesome cultural branding associated with this season; sharp pencils, new clothes, and bold resolutions, ambivalence lurks.

For many, woven into the general sense of optimism, dwells a host of uncomfortable worries that can scrub the joy out of this fresh start. For students, parents, and educators, a return to the schoolhouse is a return to expectation. For in this place where humans gather, so too does conflict. Aye, there's the rub. Objectively, conflict is part of the package, and so we are well-advised to reflect on this aspect of our nature from outside the ring in preparation for the conflict scenarios that surely await us all. If the adage, to know better is to do better, is true, September is as good a time as any to renew and review the toolbox for navigating the inevitable conflicts associated with school life. The big dream is that we learn to interact with conflict scenarios in a way that is productive, respectful, and dignified. Consider the

following ideas to support your family to understand how engaging in conflict can bring progress.

Start With Yourself

"You better get yourself together, darling, and join the human race." - John Lennon.

I get it. They're mad, he is hurt, and she is overwhelmed. As the saying goes, you've got one nerve left and someone is standing on it. Truly, the first thing one needs to manage in a conflict is oneself. What are your family's go-to routines to support overall well-being? Can you commit to strategies for self care that help you to think and act clearly? What are your priorities and how do you recognize triggers?

A person who is hydrated, rested, clear thinking, and ready to listen and speak on a matter of concern is an excellent way to advocate for change as well as to gain perspective on a matter. Engaging with others in a respectful manner is sure to increase good will and enhance credibility.

Your Personal Stake

"Be Curious, Not Judgmental." - Walt Whitman.

There is no shortage of concerns to fan the flames of conflict and division in a school community. When wrestling with situations that seem unjust, try to step back and take stock.

- Reflect on the information and the individuals involved.
- Take a moment to consider possible alternative explanations for the situation.
- Resist the urge to be influenced by special interests and compelling personal circumstances without doing some of your own research.
- Endeavor to remain grounded and clear about your interests.

Now, in 25 words or less describe the issue and why it matters. This will help to frame the scenario from your perspective. This is not to be confused with prescribing a specific outcome, rather it is a clear statement of interest to lay the foundation for a conversation.

Make an Action Plan

"Between stimulus and response, there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom." - Viktor E. Frankl.

Decide specifically what you need to inquire about and/or communicate. Reach out to whomever is needed to initiate communication. This can be an email, a phone call, a knock at the door, or a brief conversation at the curb to request an open conversation to share your concerns and ask for consideration.

Speak. Listen. Reflect. Adjust. (Repeat as needed.)

Give Yourself (and Others) Grace

"You cannot shake hands with a clenched fist." - Indira Gandhi

For many, normalizing problematic behaviour is a barrier to engaging neighbours, colleagues, and friends in a potential conflict conversation. The Thursday carpool is late, every time. A colleague regularly overshares and compromises the productivity of a meeting. The teacher doesn't reply to an email and the issue continues to percolate. A volunteer cancels three out of four times. Assumptions prevail and ill will begins to inform perspective.

By not addressing these chronic concerns directly, good people are denied the opportunity to do better or to account for the circumstances that caused these issues. Instead, what's more likely is low grade frustration and an erosion of respect that can insert itself in an unkind and hurtful way. Consequently, sarcasm, avoidance, personality attacks, and hard feelings begin to erode a culture of possibility.

Be Proactive

"A mind is like a parachute; it only works when it's open."
- Frank Zappa

Are you on/in a new team, newly formed school council, new carpool, new neighbourhood? Consider engaging others in a conversation to establish what you can expect of each other. Call it whatever you like: ground rules, a team charter, a game plan, a success strategy; and keep it basic. Introducing this concept and eliciting a few key requirements sets the tone for productive collaboration and for addressing emergent issues down the road.

This type of exercise lays the foundation for success and good will both within the home and in the community. Moreover, it establishes a framework that opens the lines of communication to tweak a plan, switch days, firm up start and end times, all while acknowledging that there will be exceptional circumstances that require flexibility.

Surviving the Collision with Reality

"When patterns are broken, new worlds emerge." - Tuli Kupferberg

As you hone your capacity for engaging in a conflict scenario, expect your rehearsed approach to run amok in real time. This is when your dedication to improving understanding through dialogue will emerge as a voice of reason. We remember that conflict scenarios hold significance for all stakeholders and the path to resolution necessarily requires the discipline to remember that you do not have all the information, nor do you share the experiences of the conflict partner.

Ultimately, a well-intentioned effort to resolve a conflict may not yield the ideal outcome. However, practicing the elements of dialogue through proactive strategies, emotional regulation, clear thinking, active listening, curiosity, and respect will almost certainly enhance and improve the home, community, and school partnership.

RUNNER UP PHOTOS



Nose Hill Colours Changing by Trevor Bacon



Utility Box Art by Taytaytski



News from the Friends of Nose Hill

by Anne Burke

Nose Hill Park is one of the largest urban parks in North America and is distinguished by its unique geological, ecological, and anthropological history (<https://inaturalist.ca/projects/nose-hill-park-bioinventory>). With an abundance of remarkable flora and fauna, this project aims to record observations made by Park users. This information and a quick update were posted on our Facebook page about how the Nose Hill Park iNaturalist project is going. There have been many awesome observations this year. Since January over 2,600 observations have been added. We have nearly 10,000 iNaturalist posts made for the Park. Let's keep the momentum going! Hopefully, we will be close to 11,000 by 2025 and encourage everyone to share their photos of flora and fauna on the Hill. We recently surpassed 200,000 posts made within the City of Calgary municipal boundaries. Of course, you can post (on iNaturalist generally) your biodiversity photos from anywhere in the world, including your own yard and other favourite parks. All this data will help to guide the Nature Calgary updated "Green Book" which is currently in the data collection phase.

World Migratory Bird Day is on the second Saturday in October and again in May. The goal is to raise awareness of issues affecting migratory birds and to inspire action around the world to take measures for their conservation. Migrating birds may fly from 24 kms to 960 kms or more per day. Hawks, swifts, swallows, and waterfowl migrate primarily during the day, while many songbirds migrate at night. Calgary has over 200 bird species and is one of Canada's first Bird Friendly Cities certified by Nature Canada. Bylaws preventing off leash dogs and encouraging people to stay on designated paths can lessen disturbance and decrease the risks to sensitive grasslands species.

Eight Reasons Why You Should Leave a Toxic Workplace

by Nancy Bergeron, R.Psych | info@nancybergeron.ca



Leaving a toxic workplace is essential for your mental, emotional, and even physical well-being. It may not necessarily be a workplace; it could be a team, board or volunteer position, or partnership. Here are eight great reasons why it's crucial to move on from such an environment.

1. Mental Health: Toxic workplaces are often characterized by chronic stress, anxiety, and burnout, all of which can lead to serious mental health issues like depression. Continuous exposure to negativity, unbalanced productivity by others, and high-pressure environments can severely impact your mental well-being.

2. Physical Health: The stress from a toxic workplace doesn't just stay in your head – it can manifest physically. Chronic stress is linked to a range of health problems, including headaches, high blood pressure, heart disease, and a weakened immune system.

3. Emotional Well-being: Being in a toxic workplace can erode your self-esteem and self-worth, especially if you're subjected to micromanaging, criticism, bullying, lack of trust, or blame. Overtime this can lead to a loss of confidence and a sense of helplessness.

4. Career Growth: Toxic environments often lack opportunities for professional development or advancement. Staying in such a place can stunt your career growth, keeping you stuck in a job where you are not learning or progressing.

5. Relationship Strain: The stress and negativity from a toxic workplace can spill over to your personal life, affecting your relationships with family and friends. You might find yourself irritable, withdrawn, or too exhausted to engage meaningfully with your loved ones.

6. Reduced Productivity and Job Satisfaction: It's hard to stay motivated or productive in a toxic environment. When your workplace is filled with negativity and stress, it can be challenging to find satisfaction in your work. This can lead to disengagement and a decline in productivity.

7. Ethical Considerations: Sometimes, toxic workplaces encourage or demand unethical behaviour, putting you in a position where your values are compromised. Leaving such an environment is critical to maintaining your integrity.

8. Long-Term Happiness: In the long run, staying in a toxic workplace can erode your happiness and overall quality of life. Your work should be a place where you feel valued, respected, and able to grow – not one that drains you.

Leaving a toxic workplace, or any place that affects you in the above ways, might be challenging. There can be worry about financial stability, letting people down that you enjoy working with, loyalty to other teammates, or the fear of finding another job. However, prioritizing your health and well-being needs to come first. Many times, taking steps to move on can open up opportunities for a more positive and fulfilling work life. If you need some help navigating the steps and script of terminating that relationship, don't hesitate to reach out to a psychologist, counsellor, or coach. The lightness you will feel from putting yourself first will be well worth the short discomfort of cutting ties.

Staying Hydrated

by Alberta Health Services



Remember to drink water throughout the day. Staying hydrated is crucial for many functions in the body. Our bodies need fluids to digest food, cool down, and move nutrients and waste.

Most adults need nine to 12 cups of fluid daily; however, every person's needs depend on age, sex, body size, activity level, and health status. For example, a young adult may need more fluids if exercising intensely and in hot temperatures.

Did You Know?

Older adults and children are more likely to become dehydrated? Older adults have a diminished thirst sensation, and young children may not always be attentive to their thirst signals when they are busy playing. Watch for signs of dehydration, which include dizziness, headaches, feeling tired, or having a dry mouth, lips, and tongue.

Be mindful of your hydration levels at all times. Drink beverages and eat foods with fluid content to help you stay hydrated. Here are some refreshing tips to beat the heat:

- Add flavour – Infuse your water with fruits and herbs like lemon, cucumber, or fresh berries with mint for a cool and citrusy twist.
- Enjoy variety – Besides water, choose unsweetened drinks like lower fat milk (1%, 2%, and skim), fortified plant-based soy or almond beverage, or iced herbal teas.
- Make fruit easy-to-go – Pack up fruit kabobs by threading strawberries, blueberries, raspberries, and grapes onto skewers. Serve with a yogurt dip.

- Prepare a tangy and sweet fruit salad – Combine chopped apples, oranges, and pears in a bowl. Add lime juice and spice it up with a hint of chili powder for a tangy flavour.
- Make a zesty cucumber smash salad – Smash cucumbers with a rolling pin until they form bite size pieces. Add rice vinegar, sesame oil, and a dash of soy sauce. Mix and enjoy.

Common Beliefs and Misconceptions About Drinks

Does adding a pinch of salt to water make it more hydrating?

A recent social media trend claimed that adding salt to water can hydrate better than plain water because it replaces electrolytes. It is true that electrolytes like sodium play an important role in maintaining fluid balance; however, adding salt (which contains sodium) to water is unnecessary for the general, healthy population. Most people get enough salt from the foods they eat. Adding extra salt to your water will not improve your hydration and for some people, it can harm their health. Drink tap or filtered water and eat a balanced diet to stay hydrated and maintain your electrolyte balance.

Do you need sports drinks after exercising?

You may lose more water and electrolytes if you exercise longer than one hour, or intensely, in hot and humid conditions. In this scenario, a sports drink (which contains water, sugar, and electrolytes like sodium and potassium) may help replace the water and sodium you lose in sweat. However, for most active people drinking water is enough for proper hydration.

Does coconut water hydrate better than water?

Coconut water is not more hydrating than water. Just like sports drinks, coconut water contains sodium, potassium, and sugar in various amounts depending on the brand. Aside from the additional flavour that coconut water offers, research suggests that there is little to no difference between drinking coconut water or plain water for hydration in healthy adults.

The bottom line?

Water works! Choose water most often to stay hydrated.

To learn more about hydration and healthy drink choices, search 'drinks' at ahts.ca/nutritionhandouts.

Rink Rebuild Update

The rink rebuild is making headway and looking more like a brand-new rink every day...the Rink Rats are getting excited to outline this season's flood schedule! The concrete cure is going well, and the next step will be the line painting. Typically, the wait time is 30 days, and the initial pour was done August 26. During the month of September, the handrails will be installed at the deck along with rink boards and chain link fencing.

Stay up to date on the progress of the rink rebuild with our online blog at sandstonemacewan.com or follow us on social media @sandstonemacewan.



YOUR CITY OF CALGARY

Tips For Using Your Green Cart This Fall

by the City of Calgary Waste and Recycling Services

- Yard waste like leaves, branches, grass, and plants can go directly inside the green cart.
- Always fill your green cart first, then fill paper yard waste bags. Roll tops of bags closed to prevent spills and allow your collector to pick up the bags.
- Place extra yard waste bags at least two feet to the side of your green cart for collection. Make sure you can lift the bag with one hand.
- Do not use plastic bags in your green cart.

Starting in November, the City will pick up your green cart once every other week. Weekly green cart collection will resume in the spring.

Visit calgary.ca/collection to check your schedule and sign up for reminders.



Scary, Spooky, Skeletons

Of the total body weight of an average human, about 14% is made up of bone mass. Typically, our bones reach their maximum mass between 25 and 30 years old. When we are born, we have around 270 bones, but as we grow into adulthood these fuse together, leaving us with about 206.



Cats, Canines, & Critters of Calgary



Buck, Montgomery



Dry Bones, McKenzie Lake



Harper Lee, Beddington



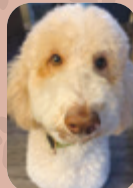
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Here are some updates related to new City initiatives and programs.

Aurora Area Structure Plan – Engagement Session

The Aurora Area Structure Plan (ASP) includes all of the lands South of 96 Ave NE, North of Beddington Trail, East of Harvest Hills Blvd, and West of the rail line. The City is in the process of creating a new ASP for these lands.

The engagement process with the public began with online feedback in May, and the last in-person open house is happening on November 6.

You can view the full background on the Aurora lands, submit written feedback, and see the engagement details at engage.calgary.ca/aurora-asp.

The Homeowner’s Water Guide – Fall Checklist

- Prepare your home for winter to improve water efficiency and continue to make every drop count.
- Check your toilets, taps, humidifier, hot water heater, water softener, and other water devices for any leaks.
- Turn off your outdoor water supply and winterize your irrigation system to avoid leaks.
- Find out when to stop watering plants, shrubs, trees, and lawns.
- Leave plant debris in beds over winter to provide a habitat for pollinators.

After a year that has made us all more aware of our water use, let’s make sure we check the common culprits of waste and leaks. The City provides a library of guides to identify and repair a variety of home problems. To find everything you need, visit calgary.ca/waterguide.

For questions and concerns or to view my voting record, visit www.jasminemian.ca.



GAMES & PUZZLES

Guess the Colour!

1. This is the first primary colour a newborn can see.
2. Based on a worldwide study, this colour is the most popular favourite.
3. This colour and royalty have been linked since ancient times because of how expensive and exclusive the dye was.
4. This colour and red are thought to increase appetite.
5. The colour of night vision goggles.
6. Contrary to popular belief, this is the actual colour of the sun.



BRAIN GAMES SUDOKU

1			8					
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5				7			4	2
6		8			2			3
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Nobel Canadians



Nobel Prize winners are announced in the first two weeks of October. Since the very first awards, Canada has won 27 Nobel Prizes. From 1923 to 2021, Canadians have received the award for everything from Economics and Physics to Literature.

Bacon And Herb Wrapped Chicken

by Jennifer Puri

Thanksgiving is a holiday when family and friends gather to express gratitude and enjoy a festive meal, which usually includes a roasted turkey.

However, bacon and herb wrapped chicken is a great option for a smaller gathering. Bacon is the key ingredient to locking in moisture and flavour and this dish pairs well with mashed potatoes, garlic green beans, broccoli, caramelized carrots, or pumpkin and cranberry sauce.

Thighs or drumsticks can be substituted instead of chicken breasts. If using chicken breasts, make sure that each piece is roughly the same size, approximately four to five ounces.

Prep Time: 15 minutes

Cook Time: 30 to 40 minutes

Servings: 4



Ingredients:

- 4 skinless chicken breasts, 4-5 oz. each
- 12 thin slices of bacon
- 2 tbsp. olive oil
- 1/3 cup maple syrup
- 2 tsps. Dijon mustard
- 2 garlic cloves, finely chopped
- ½ tsp. of salt
- ¼ tsp. of coarsely ground black pepper
- 1 tbsp. finely chopped parsley
- 1 tbsp. finely chopped thyme

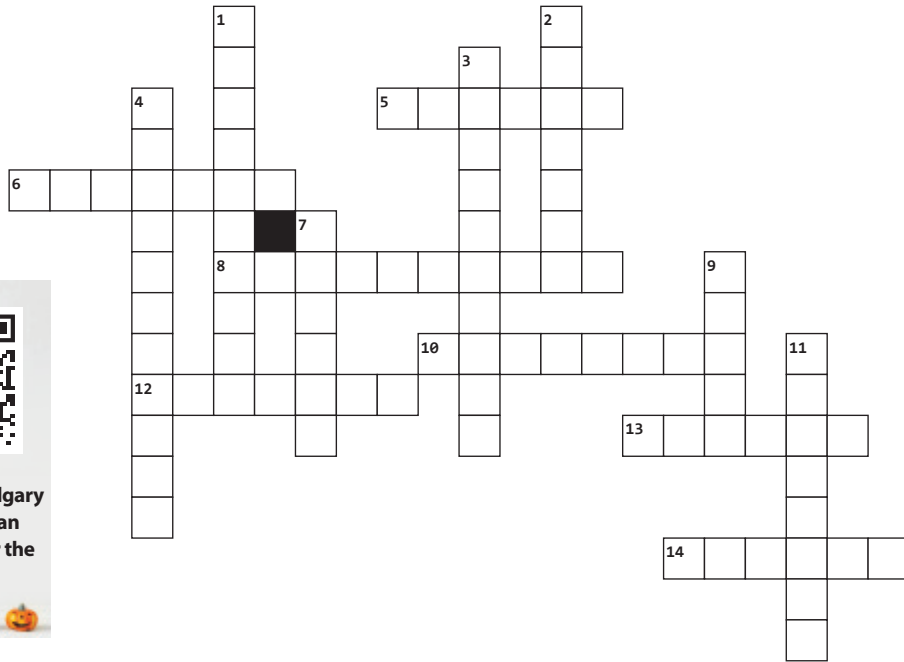
Directions:

- Preheat oven to 375 degrees Fahrenheit.
- In a small bowl, mix together olive oil, garlic, maple syrup, Dijon mustard, parsley, thyme, salt, and pepper.
- Place the chicken breasts on a cutting board and brush the olive oil mixture over each one making sure that each side of the breast is covered. Wrap two to three slices of bacon around each breast and then place them seam side down on a foil covered baking pan or tray.
- Drizzle any leftover olive oil mixture over the breasts and then bake for 30 to 40 minutes or until chicken is cooked and the bacon is crisp. Insert a meat thermometer in the thickest part of the breast to check if chicken is cooked through, which should be at least 165 degrees Fahrenheit.
- Allow the chicken to rest for a few minutes and garnish with parsley before serving.

Bon Appétit!



October Crossword



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



Across

5. Annually on October 4, people advocate for the rights and welfare of all furry, scaly, and feathery creatures for World _____ Day.
6. In October, Canadians commemorate Women's _____ Month, honouring women such as Agnes Macphail and Mary Ann Shadd Cary.
8. Other than the opal, this gem is also the official birthstone for October and can be found in various colours.
10. The World Series, Major League _____'s annual championship series, starts on October 25 this year.
12. *Dr. No*, the first movie in the *James Bond* series based on the novels by Ian _____, premiered on October 5, 1962.
13. Prime Minister of Canada from 1968 to 1979 and 1980 to 1984, _____ Trudeau, was born on October 18, 1919, in Montreal, Quebec.
14. Canadian-Belgian F1 driver, Lance _____, was born on October 29, 1998.

Down

1. American singer-songwriter, Bob Dylan, became the first musician to be awarded the Nobel Prize for _____ on October 13, 2016.
2. *Joker*, starring Oscar-winner _____ Phoenix as Arthur Fleck, was released on October 4, 2019.
3. On October 4, 2005, this famous Albertan rock band released their album "All the Right Reasons" which sold more than 18 million copies worldwide.
4. This world-famous festival first took place in Munich, Germany in 1810 celebrating the Bavarian royal wedding between Crown Prince Ludwig and Princess Therese.
7. Jack-O'-Lanterns were originally carved from this root vegetable.
9. *Winnie-the-Pooh*, written by A.A. _____, was first published on October 14, 1926.
11. October's birth flower, the _____, is a popular bright orange and yellow flower used during Día de los Muertos festivities.



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