

JANUARY 2025

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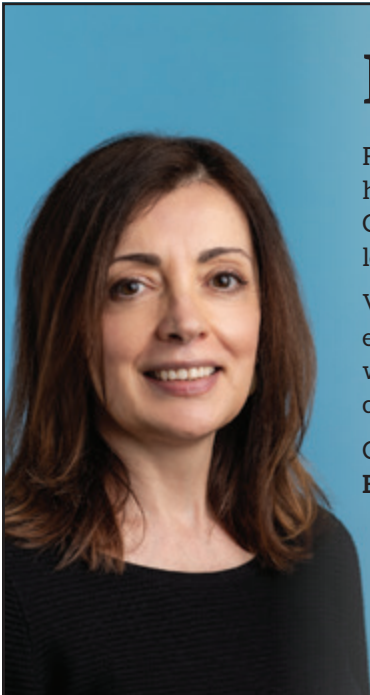
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- Supply & install new tile to ceiling
- Supply & install one corner caddy & soap dish
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# SANDSTONE MACEWAN

## COMMUNITY ASSOCIATION

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 General Inquiries: [info@sandstonemacewan.com](mailto:info@sandstonemacewan.com)  
[sandstonemacewan.com](http://sandstonemacewan.com)

### EXECUTIVE DIRECTORS

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#224 Sandstone	Steve Herz	403-262-2871
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# SANDSTONE MACEWAN

*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.



## PRESIDENT'S MESSAGE



On behalf of the Board, it is my pleasure to provide you with a report detailing the activities of the Sandstone MacEwan Community Association's 2023-24 year.

I am happy to say we had an extremely productive year on the SMCA Board.

The old rink is finally gone, and we have an amazing replacement. Westcor did a fantastic job staying on budget and finishing the project sooner than expected. I can't thank Colin, Jenn, Angela, Jasmine and so on enough for making this massive project a reality. It's amazing and we were a happy group putting up the Christmas lights a few weeks ago.

This June we were busy with our community cleanup, and Beddington Heights Community Association (BHCA) joined us again. We had great volunteers assist us, including the 224 scouts. Thank you to Willa for organizing the event once again.

Karen had another productive summer at the community gardens despite the summer long water restrictions.

We had our casino this summer, Pinky and Willa did an excellent job recruiting volunteers. We just received notice that we will be getting a whopping 84k and change.

The combined SMCA and BHCA garage sale this summer was a big success with a significant number of households participating. Thanks to Willa for helping make this a successful event.

Trevor who applied for a grant was successful in getting an artist to paint a utility box. It is in a high visibility area and represents the many activities in our community.

Colin and Carolyn continue to enhance the many uses of the communal system and may look to using it for future rink bookings.

Yoga classes continue to be a hit at the Berkshire Church. Sharon has suspended advertising given there is a steady group of about 20 yogis attending weekly.

Many thanks to all those who sent in photos for the SMCA photo contest. These photos are a wonderful feature in our monthly newsletter. The Board also extends many thanks to Trevor Bacon for his management of our community newsletter.

As we look to close this year off, I want to say a special thanks to all our partners, the Board members and volunteers who help us make Sandstone and MacEwan better places to live.

I would like to take this opportunity to mention two of our long time Directors Pinky and Phil Nantais who have retired from our SMCA Board. Phil and Pinky were our longest standing Board members and we are sad to see them go. Phil and Pinky exemplify what it means to be a volunteer and their presence on numerous boards and committees has been remarkable.

It has been my honour to be the Community Association's President for another year.

Thank you.

*Sue Coatham*

SMCA President



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# SANDSTONE MACEWAN

*Community Association*

**We need Rink Rat Volunteers  
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our Rinks this Winter!**



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please email us at  
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# Sledding Safety

by Alberta Health Services



Emergency Medical Services (EMS) would like to remind parents and children about a few toboggan/sledding safety tips. 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.
- Sledding at night is not advised.

### Plan Ahead

- Anticipate weather changes and plan accordingly.
- Wear warm, insulating layers closer to the body, and wind/waterproof layers on the outside.
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones.
- Take breaks out of the cold to warm up.
- 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; therefore, attempt to cover up any exposed skin.
- If frostbite has occurred, treat it by first getting out of the cold environment, or at least sheltered from any wind chill.
- 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.



## News from the Friends of Nose Hill

by Anne Burke

Alberta's Provincial Parks Act, introduced in 1930 and amended in 2000, provides for preservation of provincial parks, wildland parks, and provincial recreation areas to benefit current and future generations. There are rules and regulations about certain activities and restrictions. Important sites for conservation management are the Wilderness Areas, Ecological Reserves, Natural Areas, and Heritage Rangelands. More information at <https://albertaparks.ca/>.

The original Plan for Parks (2009-2019) is archived online. A new Plan for Parks: Engagement guide and fact sheet were posted. The first phase of engagement collected feedback from Albertans to inform a Plan. In the second phase, Albertans review the draft and provide input. The proposed vision statement has added cultural benefits and Indigenous reconciliation. There may be additional fees, some partner groups, increased tourism, recreation, and campgrounds.

An Online Survey asked how often you visit parks, what do you most value, what will Alberta Parks look like 100 years from now? If you agree that Albertans should be informed and engaged in park issues, what ways are important to you: a) increase opportunities to provide input into decision making for provincial parks; b) establish clear deliverables and milestones in the new ten-year Plan for Parks; c) consistently report on progress and achievement?

Since Parks conserve nature and connect people with nature, providing access to a variety of nature-based experiences will be important, so that building an appreciation for natural values is a key priority. Which of the following options would you support? a) create more parks to increase conservation and nature access; b) collaborate to improve how information about conservation activities in parks is shared; c) expand interpretive and educational programs to inform and inspire visitors; d) add volunteer opportunities to promote hands-on nature and conservation education.

# RUNNER UP PHOTOS



*Frosty Flood* by Trevor Bacon



*New Rink* by Mike MacLean



*Sunrise in Sandstone* by Christian Gomez

See all photo submissions at [sandstonemacewan.com/news/general/smca-photo-contest-2024](http://sandstonemacewan.com/news/general/smca-photo-contest-2024).



## How to Be a Great Communicator

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

Just because we speak and understand the same language doesn't necessarily mean we are good communicators. One of the most common reasons couples seek my services is to learn better ways to communicate. The list below is for anyone who would like to hone their own skills.

### Let's Start with Some Bad Habits in Communication:

**1. Interrupting** – This can make it seem like you don't care what the other person is saying. Yes, sometimes I get excited and blurt things out but it's important to acknowledge the other and be respectful to allow them to continue. This can also be an issue if you are neurodivergent, and the speaker doesn't know this.

**2. Story-Topping** – This can shift the conversation from connection to competition.

**3. Bright-Siding** – Always encouraging others to be positive or look on the bright-side can be invalidating. Toxic positivity is a thing, allow others to feel what they are feeling.

**4. Being Right** – The conversation becomes a debate or about being right. Try to listen to understand the other's point of view... you might learn something new.

**5. Being All-Knowing** – Explaining information without being asked for your expertise. This can sometimes make you look like a know-it-all.

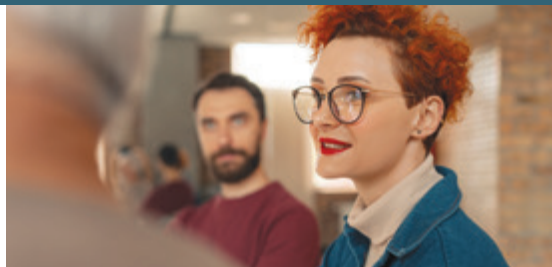
**6. Advising** – Sometimes people just want empathy or just to be heard. They didn't ask for your advice. Do not offer it unsolicited. This can also be seen as a boundary violation.

### Here Are Some Habits of Good Communicators:

**1. They create conversational safety** free from judgement, fault finding, or rejection. Just be there to listen.

**2. They validate other people's feelings** with statements like; that makes sense, of course, or I get that. It doesn't mean you have to feel the same way, but you are showing that how they feel is valid.

**3. They follow their natural curiosity** by asking



questions that show interest and seeking to know more. Nothing feels better than someone showing interest in what you have to say or wanting to get to know you better.

**4. They listen with their whole body** by being fully present while listening; not looking around or looking at their phone and are giving non-verbal cues that they are fully engaged such as eye contact and facing the speaker.

**5. They hear what's beneath the words** by reading the speaker's body language, tone of voice, and facial expressions. This is an art form of attuning to another.

### YYC West Runway Rehabilitation community information sessions

*Session d'information publique :  
Réhabilitation de la piste ouest de YYC*

**February 18, 6 - 8 p.m.**

*18 Février de 18:00 à 20:00*

Crossroads Community Association (1803 14 Ave NE)

**February 19, 6 - 8 p.m.**

*19 Février de 18:00 à 20:00*

Vivo for Healthier Generations (11950 Country Village Link NE)

**February 20, 6 - 8 p.m.**

*20 Février de 18:00 à 20:00*

Vivo for Healthier Generations (11950 Country Village Link NE)

**February 25, 6 - 8 p.m.**

*25 Février de 18:00 à 20:00*

Genesis Centre (7555 Falconridge Blvd NE)

**February 26, 6 - 8 p.m.**

*26 Février de 18:00 à 20:00*

Genesis Place (800 East Lake Blvd NE, Airdrie, AB)

Learn more about how this project will  
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[yyc.com/WestRunaway](http://yyc.com/WestRunaway)



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# Managing and Preventing Kidney Stones

by Alberta Health Services

## What Are Kidney Stones?

A kidney stone forms when salts and minerals that would normally pass out of the body in the urine build up in large amounts and separate from the urine to form crystals.

When the urine leaves the kidney, it may carry the crystal out, or the crystal may stay in the kidney, and over time several smaller crystals combine to form a kidney stone.

They can be as small as a grain of sand or grow to be as large as a golf ball.

## Causes and Risk Factors

Several things can affect your risk for getting kidney stones. These include:

- **How much fluid you drink.** The most common cause of kidney stones is not drinking enough water. Kidney stones form when a change occurs in the normal balance of water, salts, minerals, and other things in urine. When you don't drink enough these substances can build up and stick together to form the crystals that eventually become kidney stones.
- **Your diet.** Diets high in protein and sodium increase your risk for kidney stones. So do oxalate-rich foods, such as dark green vegetables.
- **Being overweight.** This can cause both insulin resistance and increased calcium in the urine, which can increase your risk for kidney stones.

Your age, gender, and whether you have a family history of kidney stones can also affect your risk. But these things are out of your control.

## Symptoms

- Sudden, severe pain that gets worse in waves. Stones may cause intense pain in the back, side, abdomen, groin, or genitals.
- Nausea and vomiting.
- Blood in the urine.
- Frequent and painful urination.

## Treatment

For most kidney stones, your doctor will recommend home care, such as pain medicine and drinking plenty of water. You may get a medicine to help the stone pass. If it is too large to pass, you may need other treatment, such as one that uses shock waves to break the stone into small pieces.

## Prevention

The following tips may lower your chance of getting kidney stones or from getting them again:

- Drink plenty of water.
- Eat less salt and salty foods.
- Increase your fibre consumption.
- Avoid grapefruit juice.
- Drink lemonade made from real lemons (not lemon flavouring). It is high in citrate, which may help prevent kidney stones.

If you have had kidney stones, your doctor or dietitian may talk with you about an eating plan to help prevent new stones. Talk to your health care professional about:

- **Oxalate.** Limiting certain foods that have a lot of oxalate, such as dark green vegetables, nuts, and chocolate may help prevent kidney stones.
- **Animal protein in your diet.** This includes beef, chicken, pork, fish, and eggs. These foods contain a lot of protein, and too much protein may lead to kidney stones.
- **Natural health products.** Your doctor may want you to limit how much fish liver oil, calcium, and vitamin C and D supplements you take.



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## Happy Birthday, eh!

January is a superstar month for Canadian hockey birthdays! Among them are Wayne Gretzky, Tim Horton, Connor McDavid, Frank Mahovlich, Mark Messier, Tyler Seguin, and Ryan Reaves, just to name a few! Happy birthday to these legends and all the other January-born stars!



# Trauma-Informed Practice Framework in Child and Youth Care

by Rima Madi, ECE

### Definition of Trauma

Trauma is often defined as an emotional response to a distressing event or series of events that overwhelm an individual's ability to cope by compromising their defense mechanism. In children, trauma can arise from various sources, including neglect, abuse, loss, and exposure to violence. According to the National Child Traumatic Stress Network, trauma can have lasting effects on a child's mental, emotional, and physical health (NCTSN, 2021).

### Definition of Trauma-Informed Practice

Trauma-informed practice in CYC involves understanding the long-term negative effects of trauma on the brain and how it affects individuals' responses to stress. It emphasizes creating a safe environment that fosters trust, collaboration, and empowerment among children and youth. By acknowledging trauma's role in behaviour and emotional responses, practitioners can better support healing and resilience.

According to Shalka (2013), "in cases of traumatic stress, an imbalance can develop between the amygdala and frontal lobes in their responses to threat detection. In these situations, the frontal lobes' capacities to inhibit responses are decreased. As a result, individuals suffering the effects of traumatic stress may startle easily, become angry or upset at seemingly small frustrations, or be paralyzed and frozen by the touch of another."

In a practice of relationships, youth could not learn, grow, or form relationships if they either hyper or hypo aroused or shut down. (Shalka, 2015, p. 23).

### Implementing Trauma-Informed Practice in Early Years Settings

In early years settings, implementing trauma-informed practice involves creating nurturing environments where children feel safe and valued. This can be achieved through:

- **Creating Safe Spaces:** Designing classrooms that promote comfort and safety, using calming colours, greenery, and providing cozy areas for children to retreat to when needed. Embedding art, sensory activities, breathing exercises, yoga, mindfulness practices, and ample unstructured outdoor play (Ministry of Children and Family Development, 2017).
- **Building Relationships:** Establishing strong, trusting relationships between educators and children, using positive reinforcement and consistent routines to foster attachment (Ministry of Children and Family Development, 2017).
- **Incorporating Trauma-Informed Strategies:** Implementing activities that promote emotional expression, such as storytelling and art, which can help children process their experiences (Ministry of Children and Family Development, 2017).

While trauma-informed practice offers significant benefits, it has limitations. The trauma-informed approach is considered incomplete. Ginwright (2018) argues that trauma-informed care risks focusing on treating trauma as pathology rather than fostering well-being. The emerging field of positive psychology offers insights into the limitations of focusing solely on symptom treatment and instead emphasizes enhancing the conditions that contribute to well-being (Ginwright, 2018, p. 1). The healing-centered approach provides a more comprehensive way of addressing trauma holistically by emphasizing a person's spiritual and cultural background. This approach helps ground survivors in their cultural, moral, and heritage values, empowering them to focus on well-being. It shifts the perspective from "what happened to you" to "what is right with you" (Ginwright, 2018, p. 2).

In conclusion, exploring trauma-informed practice within the context of child and youth care is essential for effectively supporting children and youth who have experienced trauma. Creating safe spaces where relationships are nurtured, voices are heard, choices are provided, and survivors are empowered to feel hope, compassion, and control in their decision-making leads to more positive outcomes. Furthermore, immersing survivors in activities and practices rooted in their cultural and heritage values can help ground them on a deeper, spiritual level. Reflecting on my readings, I've come to appreciate the complexity of being human,



with our interconnected social identities highlighting both our vulnerability and our shared humanity. We all navigate the dualities and fragility of our core, yet immense resilience resides within us. I hope that future research and practice will continue to refine and expand trauma-informed approaches, ensuring that all children and youth receive the care and support they need to thrive (Mendell, 2022).

### References

- Government of British Columbia, Ministry of Children and Family Development. (2016). *Healing Families, Helping Systems: A Trauma-Informed Practice Guide for Working with Children, Youth, and Families*. Retrieved from <https://www.keepingintouchbc.com/>.
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Happy New Year!

I hope your holidays were filled with rest and time with loved ones. Looking forward to 2025 and all that the year will bring.

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

### **Transit Advocacy and Snow Detours**

I have heard first-hand from many residents how important reliable transit is to them. As our city grows, I will continue to advocate for funding and improvements to transit.

This past fall, I was successful in making some efficient changes to several bus routes in Ward 3. These changes mostly affect the communities of Panorama Hills, Hidden Valley, Hanson Ranch, Livingston, and Carrington. You can read about the changes made and the current snow detours at [jasminemian.com/news](http://jasminemian.com/news).

### **New Skating Rink in Ward 3!**

We're fully in winter mode, and a new ice rink opened last month in Sandstone! My office worked with the Sandstone MacEwan Community Association to secure City funding for their new boarded rink. Their volunteers work incredibly hard to maintain two community rinks, so if you want to help out, visit [sandstonemacewan.com](http://sandstonemacewan.com).

You can view a map of all ice-skating rinks across the city at [calgary.ca/parks/activities](http://calgary.ca/parks/activities).

### **Protect Water Lines from Freezing**

Every winter, some Calgarians will experience frozen pipes, resulting in a water outage.

Recently, there's been an increase in frozen pipes. These steps can prevent pipes from freezing:

- Keep your thermostat at a minimum of 15°C.
- Eliminate any cold drafts in unheated areas.
- Repair broken windows, check doors, and insulate areas.
- Insulate water pipes in cold areas.
- Open interior doors and cabinets in cold areas.
- Turn off, disconnect, and drain the water lines to outside features.
- Regularly run water in your pipes.

Visit [calgary.ca/frozenpipes](http://calgary.ca/frozenpipes) to learn more.

For questions and concerns, or to view my voting record, visit [jasminemian.ca](http://jasminemian.ca).

## **YOUR CITY OF CALGARY**

# **Property Assessment Notices Are Out!**

*by the City of Calgary*



The 2025 Property Assessment notices are out. When you receive your notice, check the property details and review your property value. Your property assessment reflects the market value of your property on July 1, 2024, and the characteristics and physical condition of the property on December 31, 2024.

To help you review your property assessment we offer general resources on [calgary.ca/assessment](http://calgary.ca/assessment) and property specific tools through the secure logon feature of Assessment Search at [calgary.ca/assessmentsearch](http://calgary.ca/assessmentsearch). By logging onto your property specific account on Assessment Search, you can:

- Check the property details used to determine the assessed value of your property.
- Update your residential property details. It's important you keep your information current, as incorrect property details may result in assessments that do not accurately reflect the value of your property.
- Compare your property's assessed value to other similar properties in your area to ensure fairness.
- Review real estate market trends and learn how your property was assessed.

New to Assessment Search? Visit [calgary.ca/about-assessment-search](http://calgary.ca/about-assessment-search) to learn how to set up your account.

We offer a property tax calculator at [calgary.ca/assessment](http://calgary.ca/assessment) to help you estimate your 2025 Property Taxes and find out where your tax dollars go.

If you have questions about your 2025 property assessment, please contact us during the 2025 Customer Review Period which runs from January 2 to March 11, 2025. Your property is used to calculate your annual property tax bill, which is mailed in the spring.

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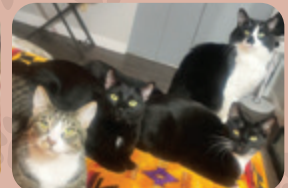
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