

MAY 2025

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# your SANDSTONE MAC EWAN

THE OFFICIAL SANDSTONE & MAC EWAN COMMUNITY NEWSLETTER



**SANDSTONE  
MAC EWAN**



*Spring Thaw by Trevor Bacon*

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# Membership Application

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Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Number of Residents: \_\_\_\_\_ Children's Ages: \_\_\_\_\_

Date: \_\_\_\_\_ Signature: \_\_\_\_\_

May we put you on a list of volunteers? Yes No

**Membership Fees are:**

**\$20 per household per year**

**Make cheques payable to Sandstone/MacEwan Community Association**

Mail or deliver to:

300 - 8120 Beddington Blvd. NW, Calgary, AB T3K 2A8

Email: [memberships@sandstonemacewan.com](mailto:memberships@sandstonemacewan.com)

**Memberships can be purchased  
online at [sandstonemacewan.com](http://sandstonemacewan.com)**

**For Office Use Only**

Date Received: \_\_\_\_\_ Reg/Assoc  
Card # Issued: \_\_\_\_\_ New/Renewal  
Init: \_\_\_\_\_ Cash/Cheque  
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## 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: \$15,679*

**SALE \$11,679**

*Limited Supplies*

### SUPREME TUB TO SHOWER CONVERSION

- Remove all old materials from bathroom and job site
- Supply & install one custom shower stall 60" x 30"
- Supply & install new water resistant board
- Tile 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
- Supply & install new corner caddy with 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

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*Some restrictions may apply. Reg: \$17,789*

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BRAIN  
GAMES

# SUDOKU

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SCAN THE QR CODE  
FOR THE SOLUTION





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SCAN HERE TO VIEW ADDITIONAL CONTENT: NEWS, EVENTS, CRIME STATS, REAL ESTATE STATS, & MORE

SANDSTONE VALLEY



MACEWAN GLEN



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# SANDSTONE MACEWAN

## COMMUNITY ASSOCIATION

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

*Community Association*

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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!



## BUTTER KEEP A SECRET!



Have you heard the rumor about butter?  
Never mind, I shouldn't be spreading it.



## 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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# REPORT

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## Window and Balcony Safety

by Alberta Health Services

With the return of warmer weather, Emergency Medical Services (EMS) would like to remind parents and caregivers of an often-overlooked hazard in the home – access to open windows. Every year, paramedics respond to emergencies where a child has fallen from an open window, often from the second floor. These can be avoided by following safety measures. Take the time to assess potential hazards in your home before a preventable fall occurs.

### Windows and Screens

- Prevent access to windows by moving furniture such as cribs, beds, stools, and change tables out from under them.
- Keep drapery cords out of children's reach. Wrap excess cord around cleats or tie-downs to avoid a choking hazard.
- Remember, screens are not safety devices. They are designed to keep bugs out, not children in.

### Balconies

- Do not underestimate a child's ability to climb. Furniture and other items stored on balconies and decks can be used to climb resulting in falls over the railing.
- Ensure that your balcony railings are not more than 10 cm (4 inch) apart. This will eliminate access between the vertical bars of a balcony or deck.

### Further Prevention Tips

- Toddlers and preschoolers are at highest risk of falling from a window or balcony, but it may happen at any age.
- Direct supervision of children is the single most effective way to prevent falls from windows and balconies.



- Install safety devices which limit the distance in which a window can open to a maximum of 10 cm (4 inches).
- Ensure the safety device can be released quickly, so the window can be used for escape in case of emergency.
- Consider purchasing a portable air conditioner, which will enable windows to stay closed and secure.

EMS is proud to be a member of the Partners Promoting Window and Balcony Safety. Take time to assess your home for window and balcony hazards and eliminate the risks before a preventable fall occurs.



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## In Loving Kindness

by Garth Paul Ukrainetz

Be not abashed when life is tough  
No shame in having need  
At times the road is harsh and rough  
Confused this world indeed  
  
It's crucial that we all reach out  
In giving and receiving  
To rise above the walls of doubt  
Together we're believing  
  
We're here to care, we're here to share  
For that's what life's about  
In loving kindness, hearts prepare  
The Food Bank helping out

## GAMES & PUZZLES

### Guess the Video Game!

1. This video game was developed and published by Atari in 1972, making it one of the earliest and most well-known video games.
2. With over 300 million copies sold, this is the best-selling video game of all time.
3. Physicist William Higinbotham created the very first game called \_\_\_\_\_; and no, it's not what you think!
4. A video game classic, the character of Mario was originally called \_\_\_\_\_.
5. Beginning as a joke, this 1999 Nintendo 64 game included an unlikely rap about its main characters.
6. The Stalfos are the only enemy creatures to appear in every edition of this video game since its creation.



SCAN THE QR  
CODE FOR THE  
ANSWERS!



# GRANDPARENT SCAM ALERT

### WHAT IS THE SCAM?

Scammers are calling seniors claiming to be family members in need of immediate money for bail or hospital expenses.

The scammer will often send someone to the door to pick up payment.

### BAIL FACTS:

- Police, lawyers, judges or jails do not call people to get money.
- Bail/ fines are typically paid at a courthouse, police station or jail.
- Bail in Alberta is typically \$10-\$500.
- Bail can't be paid using gift cards.



**"Court appointed" couriers don't exist. If someone asks to come to your home to pick up payment, it's a scam.**



**If it has to be now, it has to be no. Using fear or high-pressure tactics are usually a red flag.**



**Always ask for proof of identification and call-back numbers. Talk to family, friends or other people you trust to help verify claims or requests.**

CALGARY  
POLICE  
SERVICE

**If you have lost money or the scam is in progress, contact the Calgary Police Service at [403-266-1234](tel:403-266-1234)**

**To report a scam in general, contact the Canadian Anti-Fraud Centre at [1-888-495-8501](tel:1-888-495-8501)**

# Six Ways to Stand Up for Yourself

by Nancy Bergeron, R.Psych. | [info@nancybergeron.ca](mailto:info@nancybergeron.ca)

People-pleasing is a common pattern where individuals prioritize others' needs or desires over their own...often at the expense of their well-being. Overcoming this behaviour takes self-awareness, boundary-setting, and practicing self-care. Here are six ways to stop people-pleasing:

### 1. Recognize and Acknowledge the Behaviour

The first step in breaking free from people-pleasing is to recognize when you're doing it. Notice if you're constantly agreeing to things you don't want to do, neglecting your own needs, or avoiding conflict at all costs. Once you can identify these patterns, you can start taking steps to address them.

### 2. Set Clear Boundaries

Setting healthy boundaries is essential to stopping people-pleasing. This means learning to say no without guilt and making it clear what you can and cannot do. Practice asserting yourself calmly and confidently when someone asks for something that goes beyond your limits. You don't have to provide an explanation for your boundaries — just saying "I can't do that right now" or "That doesn't work for me" is enough.

### 3. Understand and Prioritize Your Own Needs

People-pleasers often suppress their own needs in favour of others. To stop this, be mindful of your own feelings and desires. Make a habit of checking in with yourself regularly. What do you need in the moment? What are your values? Prioritizing your own emotional, mental, and physical well-being helps you stop being overly concerned with other people's approval.

### 4. Challenge Your Fear of Disappointment or Conflict

A lot of people-pleasers fear disappointing others or facing conflict. Shift your mindset by reminding yourself that it's okay to disagree or say no. You don't need to make everyone happy, and people's reactions to your boundaries don't define your worth. Over time, you'll become more comfortable with discomfort and realize that you can handle others' feelings without compromising your own.



### 5. Learn to Tolerate Guilt and Discomfort

It's natural to feel guilty when you start saying no or standing up for your needs, especially if you're used to pleasing others. Practice tolerating that guilt and discomfort. Understand that feeling bad doesn't mean you've done something wrong — it simply means you're making a change. As you practice, this guilt will lessen, and you'll become more comfortable with acting in ways that align with your values.

### 6. Surround Yourself with Supportive People

Having people around who respect your boundaries and encourage your personal growth can help you feel empowered to stop people-pleasing. Seek relationships that are balanced and reciprocal, where your needs are valued just as much as others'. Positive, supportive people will help you feel more confident and less likely to fall back into people-pleasing behaviours.

Changing people-pleasing habits takes time, but with consistent effort and practice, you can learn to prioritize your own needs and create healthier, more authentic relationships.



## Understanding Prediabetes

by Alberta Health Services



Did you know that in Canada, 6.1% of adults over the age of 20 have prediabetes? Having prediabetes increases the risk of progressing to Type 2 diabetes (T2D). However, there are lifestyle changes that can reduce this risk.

Prediabetes occurs when blood sugar levels are higher than normal but are not yet high enough to be classified as T2D. T2D is a chronic condition where the body is unable to use insulin properly, leading to high blood sugar that may result in other complications like heart disease or nerve damage.

### What Causes Prediabetes?

Our body uses blood sugar (glucose) for energy. After eating, our body breaks some of the food we eat down into glucose. The hormone insulin then helps move the glucose into our cells to be used for energy. In prediabetes, insulin does not work as well as it used to. This leads to higher blood sugar levels resulting in prediabetes. Often, there are no physical symptoms of prediabetes.

Prediabetes can develop into T2D. However, progression is not inevitable and making changes sooner can reduce the chances of developing T2D.

For people with prediabetes, it is important to know that blood sugar levels are affected by what and when you eat.

### Tips For Eating to Manage Blood Sugars

1. Limit juices and drinks with added sugar. Choose whole fruit or flavoured water with lemon or lime.
2. Eat three meals a day, with about four to six hours between meals. This can manage blood sugar and feelings of hunger.
3. Build your plate according to Diabetes Canada. Cover half your plate with vegetables, such as broccoli, spinach, and cabbage. Cover another quarter of your plate with whole grain products or starchy vegetables such as potatoes, corn, and yams. Put protein foods on the remaining  $\frac{1}{4}$  plate such as lentils, tofu, meat, fish, and eggs. Visit [diabetes.ca/nutrition](https://diabetes.ca/nutrition) to find the healthy eating section with additional tips.
4. Choose foods with fibre. Fibre slows down digestion and helps maintain stable blood sugar levels. Include whole grains like oats, quinoa, and barley along with vegetables and fruits to boost your fibre intake. Aim for 30 grams or more per day. Visit [ahs.ca/nutritionhandouts](https://ahs.ca/nutritionhandouts) and search Fibre for more information about foods with fibre.
5. Choose unsaturated fats. Prediabetes increases the risk of developing heart disease. Replacing saturated fat in the diet with unsaturated fat can help decrease this risk. Unsaturated fat can also help improve insulin sensitivity.

# Photo Gallery

by Stu Franklin

## Foods high in unsaturated fats:

- Soft margarine
- Oils: canola, olive, peanut, sunflower
- Avocado, nuts and seeds, nut butters
- Ground flax seeds, chia seeds, or hemp seeds
- Fish instead of other animal proteins

## Foods high in saturated fats:

- Coconut oil, lard, butter, hard margarine
- Red meat, deep fried foods, processed cheeses
- Cream and ice cream

## Getting Active to Prevent Prediabetes

Physical activity is a powerful tool in managing prediabetes. Physical activity helps your body use insulin to lower blood sugar levels. Start slowly and build up to 30 minutes each day, five to seven days a week. Brisk walking, swimming, cycling, or any other activity you enjoy is a great place to start.

Resistance training such as lifting weights or bodyweight exercises can also be beneficial for building muscle and improving blood sugars.

Remember that physical activity is cumulative and does not need to be completed in one session. Even a brief ten-minute walk after a meal has been shown to improve blood sugar levels. For more information visit [csepguidelines.ca](http://csepguidelines.ca).

Excess body weight is a factor that may contribute to having prediabetes and the development of T2D. A reduction as little as 5% of initial weight can greatly reduce the risk of developing T2D, for example for a person who weighs 90 kg (200 lb.), 5% weight loss would be 4.5 kg (10 lb.). Rather than focusing on rapid weight loss, aim for gradual, sustainable changes. Visit [ahs.ca/nutritionhandouts](http://ahs.ca/nutritionhandouts) and search Eating Well for Weight and Health to learn more about weight management.

Making changes can help reduce risk while still maintaining an enjoyable lifestyle. However, change can be hard, especially if we try to make too many changes too fast. Set achievable goals and take small, gradual steps to ensure that your approach is sustainable.

Consider ways to support your health that work for you and seek guidance from healthcare providers for personalized advice.





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

### Rain Barrel Rebate

The City is partnering with Green Calgary to offer a \$50 rebate on up to two rain barrels to each Calgarian.

Using a rain barrel is a great way to conserve water, reduce the amount of rainwater runoff entering the stormwater system and flowing into our creeks and rivers, and save money on your water bill.

You can purchase rain barrels from a local vendor or directly from Green Calgary and submit your receipt for a rebate. Visit [calgary.ca/water](http://calgary.ca/water) for full details.

### Community Cleanups

Community Cleanup events are an opportunity for Calgarians to dispose of items that do not fit into their waste and recycling carts.

Spring Cleanups are ongoing until June 28/29.

Summer Cleanups run from July 5/6 to August 30/31.

All events take place on Saturdays or Sundays from 9:00 am to 2:00 pm.

Check out [calgary.ca/communities](http://calgary.ca/communities) for the full schedule and to find a cleanup near you.

### Neighbour Day Applications

Neighbour Day is coming up on June 21! Created in 2013 after the flood, Neighbour Day is Calgary's celebration of community spirit.

Communities can host their own block party or be a part of a community-wide centralized event through a local organization. Applications are open now – check out [calgary.ca/events](http://calgary.ca/events) for full details.

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



## News from the Friends of Nose Hill

by Anne Burke

We were contacted about restoration work at Nose Hill. Alberta Native Plant Rescue has some native grasses they've rescued from development sites around Calgary and can plant them out. Past stewardship projects were in Fish Creek Park and Cochrane area. Native species are popular but are at increasing risk from invasive species (weeds) and land development. This Volunteer Group gathers a variety of native grasses and rare plants, then safely relocates them. Some are rough fescue grass, the Prairie sage, blanket flower, blazing star, yarrow, and more. When the native grassland restoration project involves sharing seedlings with the public, participants should bring clean tools and be dressed appropriately.

This year's World Migratory Bird Day theme, Shared Spaces: Creating Bird-friendly Cities and Communities, highlights the urgent need for urban planning and protecting birds. It's time to rally our community and Calgary is certified as bird friendly. Saturday, May 10 marks peak spring migration in Canada. Every action counts to help save bird lives. <https://www.birdday.ca/>.

Nature Alberta is the coordinator of Important Bird and Biodiversity Areas (IBAs) for Habitat Stewardship, enlisting community and government support. National partners include Birds Canada and Nature Canada. The program was initiated in the 1980s by BirdLife International. Nature Alberta is responsible for recruiting volunteer caretakers who collect bird data; they conduct at least one bird count per year (preferably during migration) and submit the results to eBird Canada. Some other duties are conducting site assessments, restoring habitat, raising awareness, and advocacy efforts. There are currently over 600 IBAs across Canada, including 48 in Alberta all viewable on a Google map. An online directory tracks locations, birds, habitats, threats, and conservation issues. You can access the database, interactive maps, desktop tools, and downloadable PDF maps at <https://naturealberta.ca/habitat-stewardship/>.



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**SANDSTONE MACEWAN MORTGAGE BROKER:** Save a bunch of cash! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | [anita@anitamortgage.ca](mailto:anita@anitamortgage.ca) | Licensed by Avenue Financial.

**NEIGHBOURHOOD CONFLICT?** Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! [www.communitymediation.ca](http://www.communitymediation.ca), 403-269-2707.

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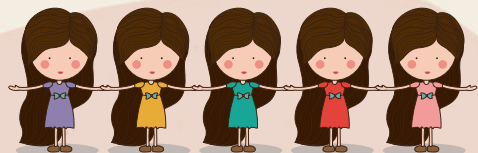
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## Quintuplet Success!

In the village of Corbeil, Ontario, the Dionne quintuplets were born on May 28, 1934, making history as the first known quintuplets to survive infancy.



## Belonging To May

The bell-shaped flower Lily of the valley's scientific name is *Convallaria majalis*, with *majalis* meaning "of or belonging to May"—making it the perfect birth flower for the month.

# GREAT NEWS MEDIA

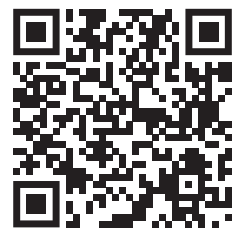
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