

NOVEMBER 2025

DELIVERED MONTHLY TO 4,000 HOUSEHOLDS

your SANDSTONE MacEWAN

THE OFFICIAL SANDSTONE & MacEWAN COMMUNITY NEWSLETTER



SANDSTONE
MAC EWAN



Lest We Forget by Trevor Bacon



PROMOTE YOUR BUSINESS HERE

Call 403-720-0762

or email sales@greatnewsmedia.ca

GET A QUOTE NOW





Magic Carpet Ride

Family Literacy Program



**A family that reads together,
grows together.**

The Magic Carpet Ride program is for 3-5 year olds and their parents or caregivers. We help families learn to use everyday activities to build a love of literacy and learning. Held at convenient locations across Calgary.

FREE! Contact us to learn more:

familit@canlearnsociety.ca

(403) 686-9300 ext. 128



www.canlearnsociety.ca/magic-carpet-ride

Cats, Canines, & Critters of Calgary



Prairie Chickens, Calgary



Buster and Knuckles, Huntington Hills



Shai and Star, Copperfield



Tobi and Cherokee, Douglasdale

To have your pet featured, email news@mycalgary.com

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: \$17,679

SALE \$13,879
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

ABSOLUTELY NO HIDDEN COSTS

Some restrictions may apply. Reg: \$20,679

SALE \$15,679
Limited Supplies

We Also Specialize in En Suites & Custom Bathrooms

PLEASE CHECK OUT OUR REVIEWS ON HOMESTARS AND RATINGS ON BBB!!



WESTERN BATHROOMS & RENOVATIONS

Serving Calgary since 1989

403-257-3222 | WWW.WESTERNBATHROOMS.CA

All Labour & Material Included

All packages pertain to standard size bathrooms

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:

\$30 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

Memberships can be purchased

online at sandstonemacewan.com

For Office Use Only

Date Received: _____ Reg/Assoc

Card # Issued: _____ New/Renewal

Init: _____ Cash/Cheque

Source: _____ Rectified if Assoc:



Time to Renew Your Mortgage?

Don't Settle –
Discover Better Rates
and Options! Get
Ready to Save Big!



**ANITA
RUSSELL**

403-771-8771
anita@anitamortgage.ca

Licensed by Avenue Financial



\$50

Service Call Fee

Plumbing Services
Furnace Install & Repair
Drain Cleaning
Boiler Install & Repair
Electrical



403-837-4023

info@officialplumbingheating.ca
official-plumbing-heating.ca

CONTENTS

- 7 NEWS FROM THE FRIENDS OF NOSE HILL
- 8 YOGA CLASS
- 9 SAFE AND SOUND: YIELDING TO EMERGENCY VEHICLES
- 10 WE NEED RINK RAT VOLUNTEERS
- 15 BUSINESS CLASSIFIEDS



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

SANDSTONE VALLEY



MACEWAN GLEN



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.

Great News Media and the Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.



SANDSTONE MACEWAN

COMMUNITY ASSOCIATION

300 - 8120 Beddington Blvd. NW • Calgary, AB T3K 2A8
General Inquiries: info@sandstonemacewan.com
sandstonemacewan.com

EXECUTIVE DIRECTORS

President	Sue Coatham
Vice-President	Trevor Bacon
Treasurer	Sharon Mazurkewich
Secretary	Willa Wu

DIRECTORS

Director at Large	Carolyn Gomez
Director at Large	Pinky Nantais
Director at Large	Jennifer Bidlake Schroeder
Director at Large	Colin May
Director at Large	Karen Lessard
Director at Large	Yakov Lipkovich

*This list of our SMCA board is available on our website at
<https://sandstonemacewan.com/contact>.

Girl Guides	Leslie Jones	403-275-7098
#224 Sandstone	Steve Herz	403-262-2871
Community	Angela Williams	angela.williams@calgary.ca
Partnerships		
Calgary Police	Cst. Bruce Graham	bgraham@calgarypolice.ca



SANDSTONE MACEWAN

Community Association

sandstonemacewan.com

Becoming a member is easier than ever!

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



9 PM ROUTINE

CALGARY
POLICE
SERVICE

✓ CHECKLIST

- Remove valuables & garage door openers from vehicles
- Lock vehicles
- Close overhead garage door
- Lock door between garage & house
- Close & lock all external doors
- Ensure windows are shut
- Turn on exterior light



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.

RUNNER UP 📷 PHOTOS



Defiant Sunflower by Trevor and Tanya Graham



Lady Bugs by Sandra Matthews



by Anne Burke

Norma Frances Bicknell (née Rose) (1926-2025) passed away at the age of 98 years. Norma was an ardent crusader for many causes dear to her heart—women's rights and equality, saving Nose Hill Park, the South McDougal Area Structure Plan, to name a few. As some remember: "Though it has been a few decades since Norma walked upon the hill, she was always interested to hear about the first reports of crocus blooms in the spring". Another, "From the first kite fly on Nose Hill (to bring attention to it), the recording of animal life and monitoring of plant species no one influenced me more. The past 50 years on Nose Hill were all because of her influence". Moreover, "She led such a great life. I lost touch after I left Calgary and am pleased, she has enjoyed another 30 years since. When we had to fight to keep Nose Hill mostly unpaved, she was the heart and soul behind our efforts" Calgary's Centennial in 1975 was to celebrate the city's first 100 years. I first met Norma when we were fundraising for educational signage on Nose Hill. Without her, there would have been no such Park. Whatever we all did to contribute as volunteers was in her name and avidly following her lead. An astonishing woman who accomplished so much for so many, she enjoyed a well-lived life in all respects. Nose Hill was declared one of Canada's largest urban parks in 1980. There is a lovely colour photo of Norma, with other members of the Nose Hill Steering Committee. She is holding a copy of the Nose Hill Master Plan. In the snow on Nose Hill, Norma appears very happy, even girlish, with a glint in her eye, as well she might. www.calgaryguardian.com/historical-photos-nose-hill-park/.

YOGA CLASS



*When: Saturdays, 9:30 - 10:30 Am
(Sept 20th - Nov 29th)*

*Where: Salvation Berkshire Citadel
222 Sandarac Drive NW*

*Cost: Free for SMCA Members or
\$10 per class drop in fee*

WWW.SANDSTONEMACEWAN.COM

**SANDSTONE
MACEWAN**
Community Association

Yielding to Emergency Vehicles

by Alberta Health Services



For everyone's safety, it is important motorists understand how to correctly yield right-of-way to emergency vehicles when their lights and sirens are activated. You can help all first responders navigate roads quickly and safely by following these basic rules.

When an emergency vehicle approaches with lights and siren activated:

- If you're in the middle of an intersection when an emergency vehicle approaches with lights and siren activated, safely clear the intersection; be prepared to pull over.
- On a one- or two-lane road, motorists should move to the right side of the road, slow down, and then stop, remaining parallel with the road. Remember to signal.
- On one-way streets move to the nearest curb, either the right or left.
- On a road with three or more lanes, motorists should move to the nearest side of the road and stop. If driving in the centre lane, move to the right side of the road and stop. Remember to signal.
- Come to a complete stop and wait for the emergency vehicle to pass. Shoulder check for more emergency vehicles before re-entering traffic flow. Remember to signal.

- Emergency vehicles might use any available road space to maneuver. This could include shoulders or turning lanes, etc., in order to safely pass other traffic.

When operating a vehicle:

- Reduce speed to 60 km/h or the posted speed, whichever is lower, when passing any stopped roadside vehicle with flashing lights activated (emergency vehicles, tow trucks, maintenance trucks, etc.). This law applies to the lane immediately next to the stopped vehicles. If you're not in the lane next to the stopped vehicles, it is recommended to reduce speed and leave lots of space between yourself and emergency personnel.
- Do not break the rules of the road in order to give right of way to an emergency vehicle. This could include proceeding through a red light or making an illegal turn. Actions such as these jeopardize all motorists in the area.
- Drivers must place their full attention on the road and the safe operation of their vehicle at all times. The fine for distracted driving in Alberta is \$300 and three demerit points.
- Do not drive within 150 meters of an emergency vehicle with its siren and/or flashing lights on. For reference, 150 m is nearly 1.5 times the length of a football field.

SANDSTONE MACEWAN

Community Association

**We need Rink Rat Volunteers
to help us flood
our Rinks this Winter!**



For more information or to sign up
please email us at
info@sandstonemacewan.com

Raising Non-Anxious Kids

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

Modern parenting has become highly involved. Many of us may hover, protect, and step in quickly to solve problems for our kids. While this comes from love, too much intervention can make it harder for children to build resilience, confidence, and coping skills. Add in the constant pull of screens and social media, and many kids grow up struggling with boredom, frustration, and independence.

A New Approach: Obstacle Parenting

Instead of removing every challenge, obstacle parenting gives kids space to face small struggles and learn from them. It's about doing less, not more, and trusting that kids can figure things out.

1. Resilience Comes Through Struggle

- Shielding kids from every difficulty robs them of practice in handling life's challenges.
- Small frustrations (like a tricky puzzle or waiting a few minutes for help) build patience and problem-solving skills.

2. Boredom Isn't Bad

- Constant stimulation from screens can dull curiosity.
- Letting kids experience boredom creates space for imagination, creativity, and self-discovery.

3. Screens and Social Media

- Technology isn't going away, but heavy use can lead to loneliness and anxiety.
- Balance matters: limiting screen time, teaching mindful use, and modelling healthy habits are key.

4. Parents Need Restraint Too

- Kids notice when adults are glued to their phones.
- Modelling presence—reading, drawing, or simply sitting quietly—teaches kids that life doesn't have to be constantly filled with screens.

Practical Tips for Parents

- **Pause Before Helping:** If your child asks for help, wait a few minutes. Encourage them to try first.
- **Make Things Just a Bit Harder:** Give challenges that require effort—like board games, chores, or puzzles.
- **Encourage Real-World Play:** Let kids play outside, climb, build, and explore with peers—even if it's messy or imperfect.



- **Embrace Boredom:** Remind kids (and yourself): "It's okay to be bored." Often, creativity follows.
- **Create Screen-Free Zones:** Mealtimes, bedtime routines, and family outings can be tech-free moments.
- **Model Healthy Habits:** Put your own phone down. Show your kids how to be present, curious, and engaged in the real world.
- **Build Community:** Rely on neighbours, friends, and extended family. Kids need more than just parents—they thrive with a wider circle of support.

Obstacle parenting isn't about making life hard for children. It's about giving them space to:

- Build confidence.
- Develop focus and endurance.
- Learn how to handle frustration.
- Discover creativity in boredom.
- Grow into resilient, less anxious adults.

Sometimes, the best gift we can give our kids is to step back, let them struggle a little, and trust that they can rise to the challenge.

Stay Connected to Your Community!

by Recovery Alberta – Community Health Promotion Services



Belonging and connection go together. Connectedness is feeling cared for, supported, and like you belong in your school, work, with friends and family, and in community. Experiencing connectedness is good for people of all ages. Connected children do better at school and with friends.

Connection reduces feelings of loneliness and isolation. Connecting to resources and support can help people meet their basic needs. Saying “good morning” to the transit driver, having a meal with friends, toasting marshmallows around a fire pit, attending church, mosque, or synagogue, or walking through the neighbourhood with your family to look at holiday lights are great examples of actions that connect. Connecting activities help us be healthy and mentally well, strengthen relationships, and create belonging in our larger community. Forming connections in our daily lives is important for good mental, emotional, spiritual, and physical health.

One thing that can improve the connections in our lives is mindfulness. Mindfulness happens when we are completely “in” the present moment. Getting rid

of distractions allows us to be fully with others and increases our appreciation of social connections in the community.

Below are some tips that can help us practice connection and belonging:

- Be present! Listen to listen instead of listening to respond.
- Let go of feeling like you must “do it all.” Think about and act on your own values and beliefs instead of trying to meet unrealistic expectations.
- Let yourself create healthy boundaries. There is no need to always do more or force yourself to do things when you would rather not.
- Create opportunities for connection. If you cannot meet in person, can you connect on the phone or meet virtually?
- Be open and say “yes” to new experiences and opportunities—food, events, hobbies!
- Get to know your community! Who are your neighbours? Are they locally owned? Can you help by volunteering?
- Do what recharges your batteries! Take time for yourself—make “you” a priority. Filling your own cup gives you the energy to connect with others!

THE SALVATION ARMY

The Salvation Army Berkshire needs the community's help to help our neighbours

How you can help

- Toilet paper
- Shampoo
- Dish soap
- Toothpaste
- Jam
- Snacks
- Flour
- Sugar
- Spaghetti sauce
- Pasta
- Ichiban noodles
- Cup-a-soup
- Lipton noodles
- Diapers



Please drop off at the Salvation Army Berkshire
citadel church

222 Sandarac Drive NW

Office Hours: Tuesday - Thursday 9:00am - 3:00pm

Open Sunday 10 to 11:30am

**TOGETHER WE CAN MAKE A
DIFFERENCE**

Stuffed Red and Yellow Bell Peppers

by Jennifer Puri

Red bell peppers belong to the capsicum family. All bell peppers start out green and progress through the yellow and orange stages before reaching their most flavourful red stage.

Red bell peppers are considered the healthiest because they contain high levels of vitamins like C and A, and antioxidants. All bell peppers offer nutritional benefits but the red, yellow, and orange are the most flavourful.

Bell peppers can be used in every aspect of cooking, but the hollow insides of the peppers make them ideal for stuffing with ground meats, cheeses, and grains as shown in the stuffed red and yellow bell peppers recipe below.

Prep Time: 10 minutes

Cook Time: 25 minutes

Bake Time: 35 minutes

Servings: 4

Ingredients:

- 4 red and yellow bell peppers
- 1 lb. lean ground beef
- 2 tbsp. olive or canola oil
- 1 tsp. minced garlic
- ½ cup chopped yellow onion
- 1 tsp. minced ginger
- 2 bay leaves
- 1 cinnamon stick
- ¼ tsp. ground cloves
- ½ tsp. salt
- ½ tsp. black pepper
- 2 cups cooked long grain rice
- 2 cups shredded mozzarella or cheddar cheese

Directions:

1. Preheat oven to 425 degrees Fahrenheit.
2. Wash and dry the bell peppers, then slice in half and remove the pith and seeds.
3. Brush the bell peppers with a little oil and sprinkle some salt and black pepper. Place the peppers cut side up on a baking tray and roast in the oven for about 10 minutes.



3. While the peppers are baking, prepare the filling by heating the remaining oil in a skillet. Then add onions and sauté for a few minutes until softened.
4. Next add the garlic, ginger, bay leaves, cloves, cinnamon stick, and the ground beef. Sauté the mixture until the beef turns brown then add a cup of water, cover and cook for about 12 to 15 minutes or until the beef is cooked and the liquid dries up.
5. Remove from heat and discard the bay leaves and cinnamon stick before adding the cooked rice and half the cheese.
6. Arrange roasted bell pepper halves in a baking dish and spoon the beef and rice mixture into them. Bake on middle rack of oven for about 20 minutes then sprinkle remaining cheese and bake peppers uncovered for about 5 minutes or until cheese is melted.
7. Serve with mashed potatoes, garlic bread, or cornbread if desired.

Bon Appétit!



**MLA Calgary
Amanda Chapman**

106 – 8220 Centre St, NE

✉ calgary.beddington@assembly.ab.ca

☎ 403-282-7980 ✕ [amandachapman](https://www.instagram.com/amandachapman)

📱 @amandachapmanndp

Dear Neighbours,

In recent weeks, I've had the opportunity to connect with many of you—whether through phone calls, community gatherings, or thoughtful conversations. Thank you to everyone who spoke to me about the importance of public education. I hear your frustrations about overcrowded classrooms, complex learners lacking the supports they need to succeed, and our lowest funding per student in the country.

Please know that I will continue to advocate for better classroom conditions for our teachers and our students. I hope you continue to share your stories with me, so that I can continue my work to represent and support our community's concerns in the legislature.

As always, my team and I remain committed to listening and supporting you in any way we can. Please don't hesitate to reach out.

Warm regards,

MLA Amanda Chapman



Happy Birthday!

What does a clam
do on its birthday?
It shellebrates



BUSINESS CLASSIFIEDS

For business classified ad rates contact Great News Media
at 403-720-0762 or sales@greatnewsmedia.ca

OFFICIAL PLUMBING & HEATING: Small company, low overhead, excellent warranties, and great rates. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting, and more. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email info@officialplumbingheating.ca; www.official-plumbing-heating.ca.

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 Russell at 403-771-8771 | anita@anitamortgage.ca | Licensed by Avenue Financial.

FALCONER HANDYMAN SERVICES LTD: New decks, fences and repairs. Stucco patching, re-stucco, foundation parging, interior and exterior painting, flooring, drywall, concrete, landscaping, and renovations. No job is too small. Fully insured. WCB and BBB member. For free estimates, please call Wes at 403-809-3644 or email handyfalconer@gmail.com.

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, 403-269-2707.

CURIOUS ABOUT YOUR HOME'S VALUE? I'm Crystal Carew, Realtor® with Keller Williams BOLD Realty I provide complimentary home valuations and proven strategies to help you buy or sell your home with confidence. Call me today to get started! 403-689-9621 | Crystal.carew@kw.com | www.crystalcarew.kw.com.

GREAT NEWS MEDIA

LEADERS IN COMMUNITY FOCUSED MARKETING

**We make your phone ring.
We bring you more customers.
We grow your sales.**

Call 403-720-0762 | grow@greatnewsmedia.ca



SCAN ME