

FEBRUARY 2026

DELIVERED MONTHLY TO 4,100 HOUSEHOLDS

your SANDSTONE MacEWAN

THE OFFICIAL SANDSTONE & MacEWAN COMMUNITY NEWSLETTER



SANDSTONE
MACEWAN



BE LIKE JEFF – BE A RINK RAT VOLUNTEER



Give Your Parents Comfort with a Reverse Mortgage

- Extra income, no monthly payments
- Stay in the home they love
- Leave a living inheritance

Call today to give them freedom and peace of mind.

ANITA RUSSELL

Licensed by Avenue Financial



403-771-8771

anita@anitamortgage.ca



ANITA MORTGAGE
AVENUE | Financial



Freedom starts with a Reverse Mortgage

- Cash to renovate, travel or relax
- Stay home, no monthly payments
- Leave a living inheritance

Call today to enjoy comfort, independence, and peace of mind.



ANITA RUSSELL **403-771-8771**
anita@anitamortgage.ca

Licensed by Avenue Financial



For 30 years, **Shibley & Company** has supported our northwest Calgary neighbours in all their legal matters.

Vilma and her team deliver effective legal counsel combined with personalised service, for all client circumstances.

Conveniently located in the Beddington Towne Centre Mall.

SCAN TO
VISIT US
ONLINE



360 Degrees



Without turning their heads, rabbits can see nearly 360 degrees, as well as high above themselves. Their eyes are placed high and to the sides of their head which gives them this range of sight, though they do tend to be farsighted.

Part of your community.

WILLS AND ESTATES

REAL ESTATE AND FAMILY LAW

NOTARIES AND COMMISSIONS

**INCORPORATIONS, CONTRACTS,
AND ANNUAL RETURNS**

219, 8120 Beddington Blvd. NW,
Calgary, Alberta T3K 2A8

Phone: 403.275.3230

Web: ShibleyandCompany.ca

**SHIBLEY
& COMPANY**
BARRISTERS, SOLICITORS & NOTARIES PUBLIC

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!!



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Serving Calgary since 1989

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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: _____

BRAIN GAMES

SUDOKU

6	5	8					7	
	7			5		8		
3	9				5	4		
	2	6		5				7
6		9	7	4				
7		3			6			
4	6				2	5		
	7		6					8
					7	6	8	

SCAN THE QR CODE
FOR THE SOLUTION



SHOW YOUR SUPPORT!

PURCHASE YOUR COMMUNITY
MEMBERSHIP TODAY!

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

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

\$50

Service Call Fee



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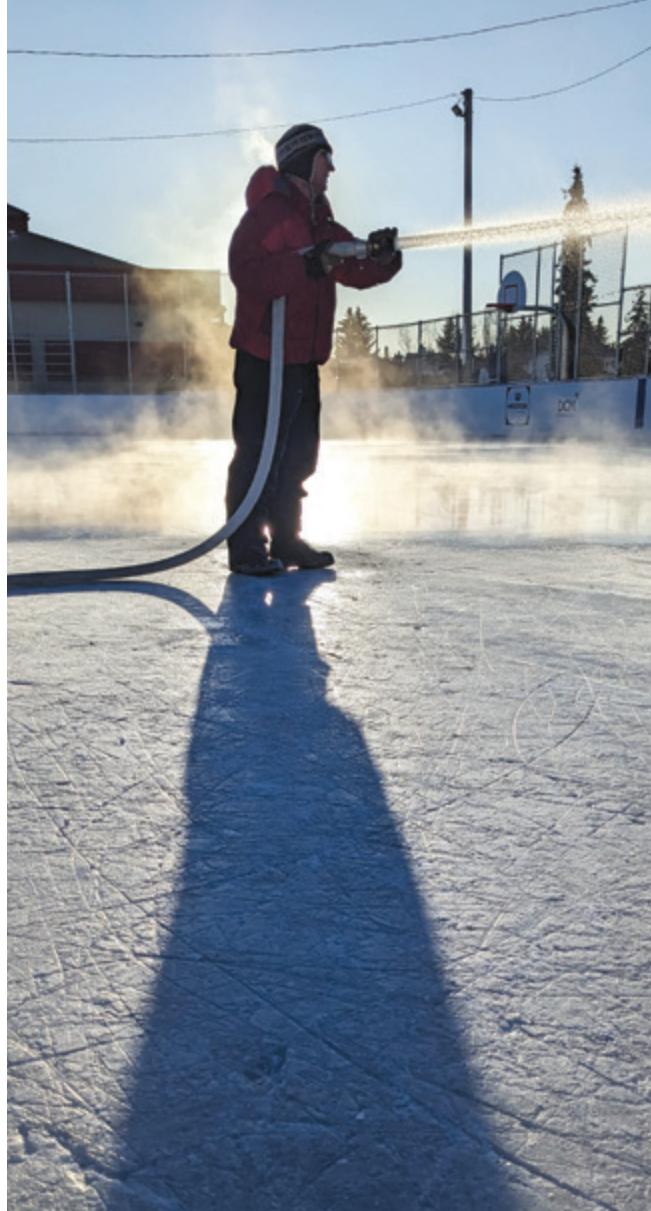


SCAN HERE TO VIEW ADDITIONAL CONTENT: NEWS, EVENTS, CRIME STATS, REAL ESTATE STATS, & MORE

**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

sandstonemacewan.com

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*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 Partnerships	Angela Williams	angela.williams@calgary.ca
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



Hoarfrost by Trevor Bacon



News from the Friends of Nose Hill

by Anne Burke

The Calgary area has been the subject of many geological studies in scientific papers, field guides, and monographs, including glacial mapping of Nose Hill. The top of Nose Hill contains gravel deposited by the ancient Bow River, also carrying sand and mud, flowing east out of the mountains and reaching the level of the present hilltop. There may have been as many as 20 major glacial advances and retreats in what is now the Calgary area.

During the last one to two million years of earth history, ice sheets shaped the landscape. The continuous plain to the north, and on the east and west flanks of Nose Hill, were shaped by glacial meltwater from nearby ice. As the modern Bow River developed, it created a broad valley and the southern flanks of the Hill. A large lake was produced by an ice dam on the River. On its North and East, Nose Hill is bounded by Beddington and Nose Creeks. To the west, Big Hill Springs Coulee is what remains of the earlier glacial spillway system.

Nose Hill provides spectacular views from which to interpret the geological history of the Bow River Valley and its tributaries, as well as the uplands across the valley to the south. The boundary between eastern and western ice sheets is the result of a landslide from Mt. Edith Cavell. As the valley glacier advanced it was deflected southward by eastern ice and glacial erratics (large boulders) mark its former path.

February Is Heart Month

by Alberta Health Services



Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing may make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack may significantly improve survival and recovery. February is Heart Month: take the time to be heart safe and learn how you can reduce your risk.

Common Signs of a Heart Attack

(Any, or all, of these signs and symptoms may occur)

- Chest discomfort described as simply a mild pressure up to a 'crushing' pain; may also be 'squeezing' or a 'heavy' sensation.
- Discomfort may move to the shoulders, arm, neck, or jaw.
- May include shortness of breath, sweating, or nausea/vomiting.
- Signs may vary person to person and can differ between men, women, and the elderly.

Heart Attack Risk Factors

- Obesity*
- Sedentary lifestyle*
- Smoking*

- High cholesterol*
- Age/Gender
- Family history

Speak with your doctor about how to treat your modifiable (*) risk factors and learn to be heart safe.

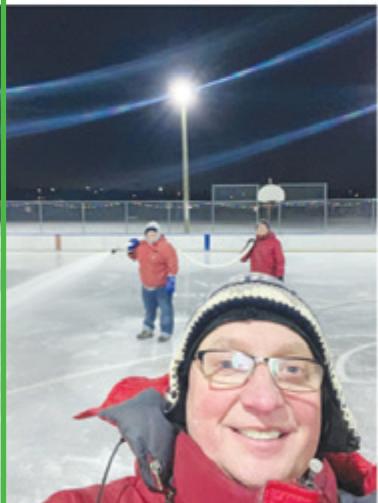
What To Do When Seconds Count

- Call 9-1-1, immediately. Early treatment can greatly reduce heart damage and be the difference between life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous, and perform an electrocardiogram (ECG).
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will share information with the hospital so that definitive treatment can begin immediately upon arrival.
- Take a CPR/AED course. Training is widely available from many reputable organizations. It's easy and could make a significant difference in the outcome of someone experiencing a heart attack.

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



SMCA CASINO VOLUNTEERS NEEDED

**Support our community
association's biggest fundraiser**

Volunteers can choose the date:

- March 16 & March 17, 2026
- 40 day and night shifts available
- No experience needed. Training provided
- Dinner provided
- Ace Casino, 40 Aero Cres NE
- For more details please check
<http://www.sandstonemacewan.com/>

Register at:



Casino@sandstonemacewan.com

**SANDSTONE
MACEWAN**
Community Association

ADULT MOVIE DAY

JOIN US FOR AN
AFTERNOON MOVIE AND
SOME FUN

SALVATION ARMY BERKSHIRE
222 SANDARAC DRIVE NW

**FREE
ENTRY**
SNACKS AND
BEVERAGES
SERVED

**MARCH
11, 26**
AT 02:00PM

**FEATURED FILM:
WAKING NED DEVINE**

WWW.SANDSTONEMACEWAN.COM



2026

HAPPY LUNAR NEW YEAR

YEAR OF THE HORSE

Celebrate New Beginnings Prosperity
and Success in the Year of the Horse

Happy Lunar New Year 2026

馬年
大吉





4-H INTRO CLUB

Youth “Learn to Do by Doing” with 4-H Intro Clubs

The 4-H motto is “learn to do by doing.” That is the idea behind 4-H Intro Clubs for youth aged 9 to 15. These six-week clubs give young people a chance to try new activities, learn practical skills, and explore their interests in a hands-on, low-pressure way. Youth get a taste of what it would be like to be a member of a traditional 4-H Club in these short programs, but the impact can be significant.

Intro Club members also have access to bonus events. Past events like the University of Calgary Vet Science Day and SAIT workshops in cooking and welding have allowed participants to explore careers, skills, and hobbies in a real-world setting. These events give youth experiences they may not get at school or at home.

Many bonus events include exposure to agriculture. Farm tours and projects let youth see where food comes from, learn about animals, and understand the work involved in growing plants or raising livestock. For children in the city, this connection to the local food system and community is especially valuable.

New bonus events are planned, including a microgreens workshop, a farm tour, an equine therapy workshop, and family tours at 4-H on Parade. Once a youth registers in an Intro Club, they can sign up for any available bonus events, most of which are free. These opportunities help children stay curious and learning outside regular club meetings.

Through Intro Clubs and bonus events, youth practice skills, explore interests, and gain experiences that help them make informed choices about hobbies, school projects, and future goals. At the same time, they connect with their community and learn about the role of agriculture in everyday life.

Try This at Home: Track Your Food

Pick one food item in your home and trace how it gets from farm to table. Who grows it? How is it processed or packaged? Why is it important to your community? This simple activity helps youth understand where food comes from and connects them to the local food system.



Learn more about Intro Clubs and bonus events at 4hab.com/member-programs/ or email introclubs@4hab.com.



RINGETTE PROVIDES AN OPPORTUNITY TO...

REGISTER HERE



COMETRYRINGETTE.CA



- ✓ DISCOVER NEW SKILLS
- ✓ BE PART OF A TEAM
- ✓ MAKE FRIENDS
- ✓ GET ACTIVE
- ✓ HAVE FUN



April is Come Try Ringette month, and there will be many sessions in Calgary.

Scan the QR code to register or visit: cometryringette.ca



TRUE
SPORT | SPORT
PUR

Word of the Month

Malapropism: noun (mal-uh-prop-iz-uhm)

The unintentional use of a word that sounds somewhat like the one intended but is very wrong in the context.

Jane was so nervous about her speech she did not realize she had made a malapropism until an audience member made a joke about her word use.



Palms

What kind of tree fits in your hand?

A palm tree



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.

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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.



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