

JANUARY 2026

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THE OFFICIAL SANDSTONE & MacEWAN COMMUNITY NEWSLETTER



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MACEWAN



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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: \$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**

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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:**

**\$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](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

Source: \_\_\_\_\_ Rectified if Assoc: \_\_\_\_\_

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[official-plumbing-heating.ca](http://official-plumbing-heating.ca)

**BRAIN  
GAMES**

**SUDOKU**

			2			8	6	
9			8					2
				1	3			9
6					2			
8	2	5		4		1	3	6
						1	2	
			4				7	8
							5	4
	3	7					1	2

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)

[sandstonemacewan.com](http://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 Partnerships	Angela Williams	<a href="mailto:angela.williams@calgary.ca">angela.williams@calgary.ca</a>
Calgary Police	Cst. Bruce Graham	<a href="mailto:bgraham@calgarypolice.ca">bgraham@calgarypolice.ca</a>



# SANDSTONE MACEWAN

## Community Association

[sandstonemacewan.com](http://sandstonemacewan.com)

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!



### 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



*Santa's Little Helpers by Jeff Schroeder*



*Peekaboo Santa by Trevor Bacon*



## News from the Friends of Nose Hill

by Anne Burke

On the Park's northern boundary, Alberta Government Telephone, in 1982, and Canadian Western Natural Gas, in 1990, had access rights. Carma Developments put waste in the MacEwan Glen ravine. Construction sites attracted four-by-fours and dirt bikes. Nose Hill Trail condition and use were studied between July 20 and September 20, 1993. Volunteers working in pairs came from the Nose Hill Park Users Group, Nose Hill Communities Board, and Calgary Field Naturalists Society. Their goal was to measure trail type and surface, width, and depth. An aerial photo mosaic marked the survey areas. Data was collected for the glacial moraine (the Hill plateau and side slopes), ravines (Many Owls and Porcupine Valley), and disturbed land. The time of day was morning (7:00 am to noon), afternoon (noon to 6:00 pm), and evening (6:00 pm to dark). During both the week and weekend, Hill use was greatest in the afternoon and evenings. On the weekend, people spent time in the ravines. However, during the week more were recorded on the plateau and side slopes. Pathway routes were widened by braiding but less rutted than trails. The greatest use was in disturbed sites, rather than on the moraine. All pathways and trails were used by cyclists, who preferred gravel pathways to grass trails. Walkers without dogs used pathways, unlike dog walkers in the ravines. A review revealed that areas damaged by vehicles, horse and cattle grazing, and gravel extraction were slowly regenerating, including severely damaged areas. Although some trails were rutted (and may remain so for a time) others had high grass growing in them without horse and vehicle traffic. Ravine trails were overgrown by tall grasses, thistles and nettles, so many people no longer used them.

# Tobogganing/Sledding Safety

by Alberta Health Services



Emergency Health Services (EHS) – Alberta would like to remind parents and children about 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 on the 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 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; try not to toboggan alone.
- Sledding at night is not advised.

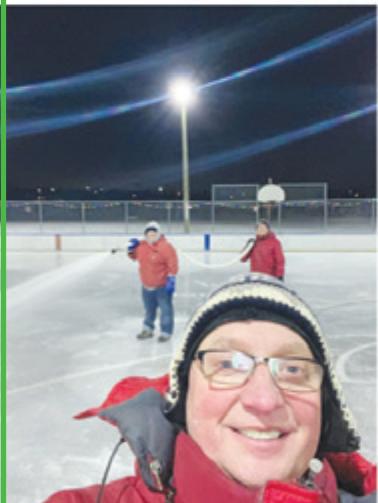
### Plan Ahead

- 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 rewarmed.

# 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](mailto:info@sandstonemacewan.com)

## 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 2024-25 year.

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

We had a fantastic turnout for our inaugural Skate with Santa party at the pleasure rink in December. We had been collecting skates and fit roughly 40 people with skates. "Santa" was one of our regular volunteers, who arrived in the back of a pick-up truck, much to the delight of the families. Santa skated around the oval, and the kids followed him like he was the Pied Piper! Thanks to Jenn Bidlake-Schroeder, Sharon Mazurkewich, Carolyn Gomez, Willa Wu, and Trevor Bacon for getting everything ready. Also, our special thanks go to Brad Becket and Joe Wesnick for having the rink ice in pristine condition. We are planning this year's skate and Santa is happy to return for another year.

We were delighted to have our rink grand opening in January and many community members attended to see us cut the ribbon and enjoy a skate. We had an individual who provided a donation tell us he was a retired NHL scout, who learned how to skate on an outdoor rink. He said he was very proud to contribute to the rink that will provide entertainment for the next 25 years. Carolyn and others did a great job organizing the event, along with the sponsors and community partners.

This past May 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 Sandstone Valley Scouts. Thank you to Willa for organizing the event once again.

The SMCA board partnered with MacEwan businesses (including the MacEwan Dental Centre and Brixton's) to host a Stampede pancake breakfast. We anticipated there would be roughly 400 people and over 1,000 arrived! The volunteers did what they could to keep up, including buying more supplies, but ultimately, we ran out of food. Will Shephard-Cross was the entertainment and received many accolades. Carolyn and Jenn were

the leads on this massive event, and we can't thank them enough for their efforts.

Karen had another productive summer at the community gardens and once again all the beds were utilized by community members. Karen continues to engage community members in developing the area to support other families with fresh vegetables.

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.

Yoga classes continue to be popular at The Salvation Army Berkshire Citadel Community Church in both the spring and the fall. There is a consistent weekly group averaging about 20 yogis. We have been fortunate to benefit from grants to pay for the instructor and the gym, and Sharon continues to take the lead with this initiative.

This spring Jasmine Mian announced she would not be running in the Civic Election. Councillor Mian was an excellent advocate for Sandstone and MacEwan and we have her to thank for getting us over the last \$300k hurdle to have the rink built. The SMCA board cannot thank her and Sarah Parchewsky enough for their continued support. We would like to welcome Andrew Yule who will be stepping into "very big shoes".

The SMCA has started hosting movie night at the Berkshire Citadel Church and we will continue to build on this initiative.

We are officially saying goodbye to one of our Directors, Jennifer Bidlake Schroeder. Jenn has been an invaluable Director, and we will miss her on the board. Having said that, we are not going to lose one of the best volunteers we've had! Jenn has kindly agreed to stay on as a volunteer and assist us in realizing the new building at the hockey rink.

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

Thank you. Does anyone have any questions?

*Sue Coatham*

President SMCA 2024-25

# Cats, Canines, & Critters of Calgary



Betty White, Cranston



Dazi,  
North Glenmore Park



Jack, Seton



Leo, Nolan Hill



Rosie, Renfrew



Tango, Palliser



Teffy, Mount Pleasant



Toulouse, Killarney

To have your pet featured, email [news@mcalgary.com](mailto:news@mcalgary.com)



## 4-H INTRO CLUB

### Grow Something New This Winter With 4-H Intro Clubs



Have you heard of 4-H? Many know 4-H for its long history in rural and agricultural communities, but today 4-H is thriving in cities, including right here in Northwest Calgary. Alongside our traditional, year-long 4-H clubs, we also offer a short-term program designed for families who want to explore 4-H before making a longer commitment.

4-H Intro Clubs are a six-week program for youth ages 9 to 15 that provides a hands-on introduction to the 4-H experience. These are not traditional clubs. During intro clubs, youth attend once a week for two hours, learn all about running meetings and try a different hands-on activity each session, giving them a fun and friendly way to explore what 4-H has to offer.



One popular winter activity is the Potato Pet Hair Garden, where youth learn about seeds, plant growth, and patience in a silly and hands-on way. Using a potato, paper towel, water, and chia or alfalfa seeds, participants create a "potato pet" with sprouting hair, then track growth over the week. Along the way, they practice observation skills, explore plant life cycles, and get a taste of science in action, all indoors during the cold winter months.

#### Try It at Home: Create your own Potato Pet Hair Garden:

- Wrap a potato in a damp paper towel or cotton strip.
- Draw a face and add googly eyes.
- Place it on a jar of water so the bottom touches the water.
- Spread chia or alfalfa seeds on top, like hair.
- Mist daily and watch the sprouts grow in four to seven days!

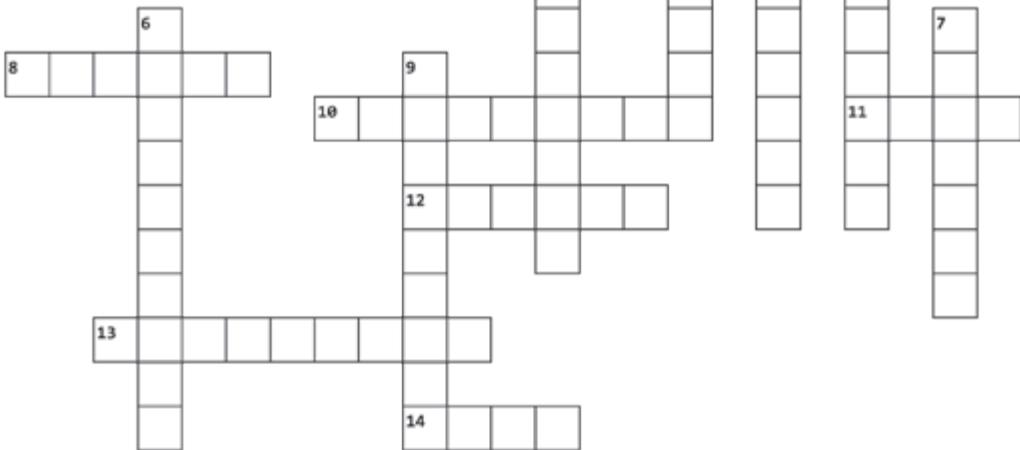
Learn more about intro clubs starting in January by visiting [4hab.com/member](http://4hab.com/member).

Send us your potato head photos or ask us a question at [introclubs@4hab.com](mailto:introclubs@4hab.com).

# January Crossword



Visit [bit.ly/  
mycalgaryanswers](http://bit.ly/mycalgaryanswers) or  
scan the QR code for  
the answers



## Across

4. The world's largest office building, which houses the U.S. military, was completed on January 15, 1943.
8. Rare snowfall occurred on this North African desert on January 7, 2018.
10. January's birth flower is also the official flower of Mother's Day.
11. In 2015, New Zealander Lydia Ko became the youngest person to be ranked number one in the world in this club-and-ball sport at the age of 17.
12. In 45 BC this calendar took effect for the first time as decreed by Roman ruler Julius Caesar.
13. This free-content online encyclopedia launched on January 15, 2001.
14. On January 15, 2024, Elton John won an \_\_\_\_\_ award for his television special *Elton John: Farewell From Dodger Stadium*, completing his status as an EGOT winner.

## Down

1. On January 3, 1892, writer J.R.R. Tolkien was born in this South African capital city.
2. World \_\_\_\_\_ Day is celebrated on January 2 to honour quiet, reserved, and sometimes shy individuals.
3. On January 23, 2018, \_\_\_\_\_ James became the youngest player to reach 30,000 NBA points.
5. The first Prime Minister of Canada, John A. Macdonald, was born on January 11, 1815, in \_\_\_\_\_, Scotland.
6. The crime drama series, *The Sopranos*, starring James \_\_\_\_\_ premiered on January 10, 1999.
7. Former professional footballer, Owen Lee Hargreaves was born on January 20, 1981, in \_\_\_\_\_, Alberta.
9. Jane Austen's romance novel *Pride and \_\_\_\_\_* was originally published on January 28, 1813.

# Asian-Style Chicken Noodle Soup

by Jennifer Puri



A comfort food ideal for cold weather, variations of chicken soup can be found in cuisines around the world.

Chicken soup is typically made with chicken broth and can include pasta, noodles, rice, dumplings, barley, leeks, celery, onions, carrots, matzo balls, and potatoes.

In some cultures, chicken soup is believed to have healing properties and is served to the sick and the elderly. Chicken soup is filled with protein and vitamins which can help boost immunity.

**Prep Time:** 20 minutes

**Cook Time:** 25 minutes

**Servings:** 3 to 4

#### Ingredients:

- 1 lb boneless, skinless chicken breasts, cubed
- 2 green onions, finely sliced
- 3 heads of bok choy, quartered
- ½ red bell pepper, thinly sliced
- 2 carrots, thinly sliced
- 1 tsp. crushed garlic
- 2 tsp. crushed ginger
- 2 tsp. sodium reduced soya sauce
- 1 tbsp. olive oil
- 2 tbsp. rice vinegar

- 1 tsp. red chili flakes
- 6 cups sodium reduced chicken broth
- 1 cup water
- 4 oz. vermicelli noodles broken into thirds

#### Directions

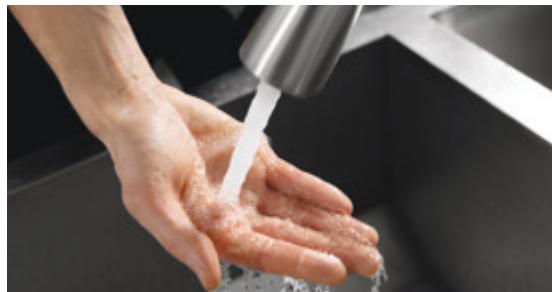
1. Heat the olive oil in a large pot, add the green onion and sauté for a couple of minutes.
2. Next add ginger, garlic, and chicken cubes and stir until chicken is no longer pink, about 2 to 3 minutes.
3. Add carrots, bok choy, and red bell pepper, and sauté for a couple of minutes.
4. Lastly add soya sauce, fish sauce, red chili flakes, stock, and a cup of water, and bring to a boil. Reduce heat and simmer for about 12 minutes or until chicken is tender. Add the broken noodles to the pan and simmer until the noodles soften, approximately two minutes.
5. Serve soup with green onion cake if desired.

Bon Appétit!



# Protect Your Household Water Lines and Meter from Freezing

by The City of Calgary



Every winter, some Calgarians will experience frozen water pipes, service lines, and water meters, resulting in a water outage. The City's Frozen Pipes Prevention Program works proactively with homes considered at higher risk due to factors such as location, depth and configuration of water pipes, and a history of freezing.

Recently we have noticed an increase in frozen pipes in homes that are typically at a lower risk, where taking some of the steps below could have prevented household pipes from freezing. Ways to avoid freezing include:

- Keep your thermostat at a minimum of 15°C, even if you're away from home.
- Eliminate any cold drafts in unheated areas where water supply lines are located. This can include basements, crawl spaces, attics, garages, and under bathroom and kitchen cabinets.
- Repair broken windows, check doors, and insulate areas that allow cold exterior air to enter.
- Insulate your hot and cold-water pipes located in cold areas.
- Open interior doors and cabinets in cold areas to allow heat from the house to warm unprotected pipes.
- Turn off, disconnect, and drain the water line to outside faucets, garden hoses, pools, or decorative water features.
- If your hot water tank is in a maintenance room outside of your home, make sure the area is adequately heated.
- Regularly run water in your pipes through everyday use.

Visit [calgary.ca/frozenpipes](http://calgary.ca/frozenpipes) to learn more, including actions you can take if you suspect you have frozen pipes.

## GAMES & PUZZLES

### Guess the Cartoon!



1. Mojo Jojo is always trying to cause havoc in this female-led cartoon.
2. Joe Barbera first considered calling this classic cartoon *The Gladstones*.
3. This group of mystery solvers was brought to life in 1969 and led to multiple shows and movies.
4. One of the main characters of this cartoon is named Finn and though he is an adventurer, he is afraid of the ocean.
5. Stephen Hillenburg, creator of \_\_\_\_\_, was actually a marine biologist!
6. This cartoon follows a family who lives life in Orbit City with their dog Astro.

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Dear Neighbours,

Happy New Year! I hope you enjoyed a wonderful holiday season filled with rest, joy, and time with loved ones.

As we welcome a new year, we also welcome new hopes and goals. I am honored to continue serving as your representative, and I remain steadfast in my commitment to advocating for our community, addressing the issues that matter most, and championing public education. I look forward to working together to create positive change in the year ahead.

We're excited to connect with you throughout the coming months. Let's begin this year with optimism and a shared sense of community.

Please don't hesitate to reach out to my team or me if we can support you in any way.

Warm regards,

*MLA Amanda Chapman*



### **Joke of The Month**



What kind  
of cow wears  
a crown?  
A dairy queen

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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](http://www.communitymediation.ca), 403-269-2707.



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