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THE OFFICIAL SANDSTONE & MAC EWAN COMMUNITY NEWSLETTER



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Look Ma No Hands by Janice Anderson



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Memberships can be purchased

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Init: _____ Cash/Cheque

Source: _____ Rectified if Assoc:

Preparing or Updating Your Will



Vilma Mydliar, LLB

It is important for everyone to have a will—people often have more assets than they think. An important part of estate planning is having a will along with an *Enduring Power of Attorney* (EPA) and a *Personal Directive* (PD).

To prepare a will you need to decide who your executor(s) will be, name a guardian for your children if they are under the age of 18, and who will benefit from your estate. You can prepare a will at any time and existing wills should be updated especially if there are major changes in your life, such as getting married, starting a family, the death of a

family member or a divorce. We make this process easy and help to ease your mind.

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SANDSTONE MACEWAN

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 General Inquiries: info@sandstonemacewan.com
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SANDSTONE MACEWAN

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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.

Window and Balcony Safety

from 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.

We Did It!

Our project has officially secured the necessary capital and fiscal confidence needed to request that we move onward again with our rink rebuild project in 2024!

With all your help; with generous support from donors, grants, and sponsors; with the time spent and help given from all our volunteers and rink rats; and with all the help from Councillor Mian and her office, not to mention the entire City of Calgary team.

So, what's next?

Great question – the project team will now work with our friends at the City and their engineering partners with the goal of restarting the process, making sure that nothing has significantly changed since we paused in 2023, we'll revalidate the designs, and then we'll seek a fresh round of tendered bids.

Learn more at sandstonemacewan.com.



Word of the Month

Salubrious: adjective (sa-lu-bri-ous)

Something which encourages or is beneficial to a person's well-being or health.

The couple had a salubrious session with their therapist.

TAKE ON WELLNESS

Champions of Care: How Nurses Can Support Your Health Goals

by Calgary Primary Care Networks



In May we celebrate National Nursing Week in Canada and shine a spotlight on the crucial role nurses play in primary care.

Looking for ways to live healthier? You may be surprised to learn about the free services available through the primary care network (PCN) nursing team to support your health and well-being. PCN nurses can support you through appointments — both in-person and virtual — at no cost. They can answer your health questions and help you:

- Set achievable health goals and learn strategies for a healthier lifestyle.
- Improve your emotional and mental well-being.
- Increase your physical activity.
- Test for memory concerns.
- Access support for diabetes, high blood pressure, high cholesterol, and other conditions.

PCN nurses work collaboratively with your family doctor and can connect you with resources to support your health. Visit albertapcns.ca to learn more.

Sunday, June 23 2024
9:00 am - 2:00 pm
Hockey Rink 355 Sandarac Drive NW
(Come early in case the line is cut-off before 2:00 pm)

Sandstone MacEwan & Beddington Heights
Community Clean-Up

This event is fully run by volunteers!
 Please be respectful and thankful!!

Bring Water!!

Be patient while waiting in line. We will get to you.

Lead a hand, where you can!

Be Courteous!!!

Items Not Accepted

- Tires
- Paint, oils or dangerous gas/oil chemicals
- Propane Tanks
- Batteries
- Fridges/Freezers
- Car Seats
- Compost
- Sand, dirt, bricks or concrete

Items Accepted

Garbage Collection by City of Calgary

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Metal Recycling

Checks/Donations

(With Calgary's Curl Club's Proceeding Trip to the US)


- Used Clothing
- Household Items
- Used Books
- Small Furniture


BEDDINGTON HEIGHTS COMMUNITY ASSOCIATION

More information please contact:
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 Community Association

"Strong" Volunteers Needed (16+)






If you are available to help out for the day please contact: info@sandstonemacewan.com

Huge Flakes!

Although some are skeptical of the record, according to the Guinness World Records, the largest snowflake ever recorded came down in Missoula, Montana. In 1887, this city measured a single snowflake that was 15 inches in diameter! That's about the height of a bowling pin!



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SANDSTONE VALLEY



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RUNNER UP PHOTOS



Jack Sparrow by Janice Anderson



Pete the Porky Pine by Janice Anderson



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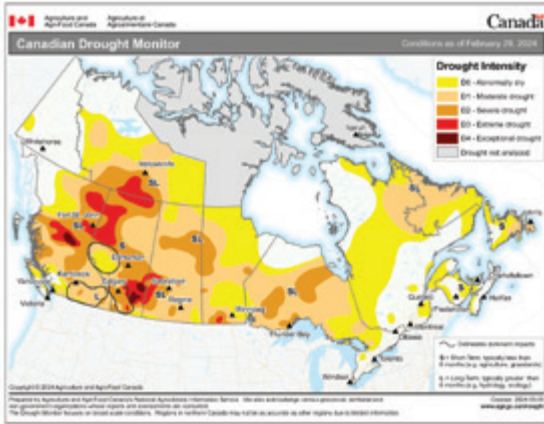
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Gardening in a Drought

by Deb Sabey



I grew up in Utah where it was an annual expectation that some portion of the state would have a bullet ricochet, fireworks go amiss, or lightning strike at just the wrong time igniting a wildfire that would displace wildlife and people. I often mourned for the burning earth. Then I moved to Canada, the land of lakes and rivers, and thought I'd left the drought lifestyle behind me. Silly me.

In 2023 alone, Canada had a reported 18.5 million hectares burned. It was the worst fire year on record. After the dry winter we've just been through, 2024 is looking like it wants to compete for the title.

Many of us are blessed to spend summertime in the forests and mountains. None of us want to see them burn. But what can we do?

Five Ways to Be More Water Wise in The Garden

1.) Water the Rootzone - Instead of using overhead spraying or sprinklers, invest in drip lines or bubblers that leave the water on the ground. This will prevent the majority of evaporation and you'll be using less water.

2.) Use the Rain - It's free and full of nutrients city water doesn't have, so why not use it? Investing in a rain catch system will save you on city water and leave you with a more beautiful garden. Green Calgary offers blue rain barrels for residences in the city. If the blue barrels are hideous to you, Pinterest has a wealth of ideas for hiding them.

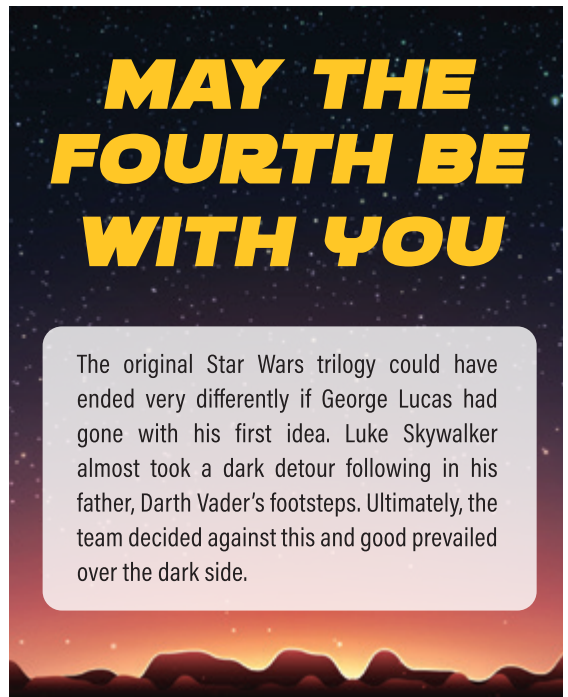
3.) Mulch, Mulch, Mulch - If you've been to any of my gardening classes, you've heard me talk about mulch.

Mulch is the answer to many gardening woes but is especially crucial when it comes to your water. Mulch will act as a reserve of water for the soil as well as cooling the garden so that less watering is needed. Any natural organic mulch is going to be your best friend. I promise.

4.) Reduce your Lawn - Every 1,000 sq. ft. of lawn requires 624 gallons of water to receive one inch of water. That's a lot of water. Shrinking your lawn is as easy as giving your flower beds an extra inch or two of space or opening up a new veggie bed. Food and flowers require much less water than turf does. Another option is to consider xeriscaping or switching to a grass alternative like clover.

5.) Commit to a Watering Schedule - The City of Calgary has already warned us that water restrictions are likely this year. Commit at the start of the season to watering only once a week as needed and using the water for your trees, food producers, and pollinators.

Hopefully we'll be blessed with a wet June and the province will begin to recover from the past few years. But, let take this year to adopt water wise gardening habits and make a difference.



The original Star Wars trilogy could have ended very differently if George Lucas had gone with his first idea. Luke Skywalker almost took a dark detour following in his father, Darth Vader's footsteps. Ultimately, the team decided against this and good prevailed over the dark side.

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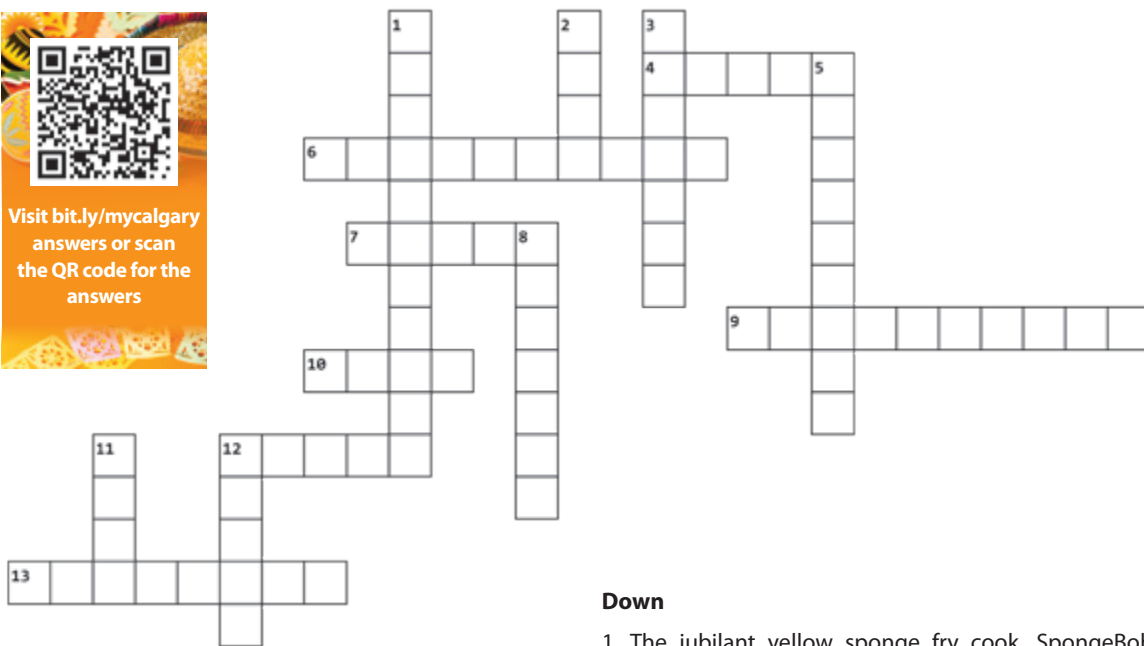
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May Crossword



Across

4. On May 25, 1963, the legendary comedian Mike _____ was born in Scarborough, Toronto. He is well-known for characters such as Austin Powers, Shrek, and Wayne Campbell.
6. This movie, which tells the story of Sir William Wallace leading a rebellion against the English to free Scotland from King Edward I's rule premiered on May 18, 1995.
7. In May 1873, Levi Strauss and Jacob Davis created this fashion forward denim pants.
9. This annual international song competition starts on May 7 this year and has seen winners in the past such as Celine Dion and ABBA.
10. Born in Fort Macleod, Alberta, _____ Mitchell was inducted into the Rock and Roll Hall of Fame in 1997.
12. In May 1997, Garry Kasparov started a game of _____ with IBM supercomputer Deep Blue.
13. In May of 1992, M.C Hammer's horse, Dance Floor, came third in the _____ Derby.

Down

1. The jubilant yellow sponge fry cook, SpongeBob _____ first graced our screens in May 1999, on Nickelodeon.
2. On May 25, 1997, one of George Lucas' greatest creations *Star Wars: Episode IV – A New _____* was released.
3. The official birthstone of May most famously symbolizes rebirth and growth; however, others suggest that the birthstone actually symbolizes love and success.
5. On May 19, 2020, Suzanne Collins released *The Ballad of _____ and Snakes*, a prequel to her *Hunger Games* trilogy.
8. The famous phrase "*April _____ bring May Flowers*" first appeared in a poem written by English Poet Thomas Tusser in the 1500s.
11. The first film of the Marvel Cinematic Universe, _____ *Man*, starring Robert Downey Jr. is released on May 2, 2008.
12. _____ de Mayo is celebrated on May 5 every year and honours the Mexican army's victory over the French in 1862.



Here are some major updates related to Ward 3, the City of Calgary, and Council decisions.

Proposal to Rezone: Decision

To find out more about how the Council voted regarding the proposed rezoning, visit www.jasminemian.ca.

Got Junk?

With spring comes spring cleaning. Community cleanups are happening across the city and can help save you a trip to the landfill. The city supplies packer trucks and crews to assist community volunteers, who will help you get rid of unwanted items that wouldn't normally fit in a black bin.

Here are the cleanups in Ward 3:

- May 18 – Northern Hills Community Association
- June 8 – Livingston Community Association
- June 23 – Sandstone MacEwan Community Association
- June 30 – Hidden Valley Community Association

Visit calgary.ca/cleanups to view all the locations.

Neighbour Day

Calgary's annual celebration of community is coming up on Saturday, June 15. If you want to get involved in organizing your own event, check out the details and options for funding at calgary.ca/NeighbourDay.

Make Every Drop Count

While conditions have improved a bit, the Calgary region still remains in a drought.

There are a few practical steps everyone can take to make a big difference.

- Run full loads of dishes and laundry.
- Don't let the tap run when brushing your teeth – saves up to 32 liters per day.
- Shave a few minutes off your shower – five minutes can save 100 liters.
- Fix any leaky taps or toilets.
- Choose water-wise plants.
- Install a rain barrel.

For full details on drought conditions and resources like rain barrels, visit www.calgary.ca/water/programs/drought.

One year ago, on May 29, I was elected to represent my home riding of Calgary-Beddington. Much like the old adage, "the days are long, but the years are short", this first year has flown by! The focus in this first year has been on setting up the constituency office to best address community needs, learning the ropes in the Legislature, and spending time in the community to hear your concerns.

It has been wonderful meeting so many Calgary-Beddington constituents over this last year. Sometimes you come to me, and we love having you drop into our office or pop by one of our 'Meet Your MLA' events at the Judith Umbach Library. Sometimes we meet in the middle, at community events like Huntington Hills' pancake breakfast, Sounds and Spirits in Hidden Valley, or the Winter Carnival at the Beddington Theatre Arts Centre. Sometimes I come right to your doorstep, because the best engagement happens where people are (and often people are) at home.

However we may have met, I want to thank you for giving me your time and attention. Thank you for bringing me your concerns about leaving the CPP, about long wait times for hip and knee surgeries, about coal mining in our mountains, and about education funding that has dropped to the point that we now have the lowest funded students in the country.

I will continue to raise your issues in the Legislature and hold this government to account. I look forward to meeting you one day soon whether it be in my office, at a community event, or on your doorstep.

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News from the Friends of Nose Hill

by Anne Burke

A breeding bird monitoring survey in Nose Hill Park recorded a total of 70 species. Of 44 species tested, 22 were nesting and 22 were only visitors. Another 26 were random observations (not part of the survey). Birds flying over and not using the habitat were excluded from analysis. To assess how populations have changed over time, when a previous study was compared, a few species occurred in one year but not in both. However, the overall decline was in nesting grassland birds. The recent test recorded all birds observed during the breeding season (early June to early July) for ten minutes between sunrise and 10:00 am. A total of 23 circular plots surveyed on eight occasions were recorded with GPS technology and mapped. The habitats described and photographed were mostly tall or low shrub and woodland. The result was the disappearance of four (and decline of three) nesting grassland bird species. Here are some of the causes: human disturbance, loss of native grassland by non-native plants, lack of grazing, climate change, bird species outside Calgary, and off-leash dogs on the escarpment (slopes), especially during the breeding season. For effective conservation and management strategies, City Parks must continue to monitor breeding birds. World Migratory Bird Day was created in 1993 and celebrates a migratory bird's spectacular migration; it is dedicated to raising awareness about the need to conserve migratory birds and their habitat. Aligning with the cyclic nature of bird migration in different hemispheres, it is officially celebrated on the second Saturday of May in Canada and the U.S, so on Saturday, 11 May in 2024. The official theme will focus on the topic of insects and their importance for migratory birds. For more information and resources, visit www.birdday.ca.

YOUR CITY OF CALGARY

Park Cart Smart

by City of Calgary Waste and Recycling Services

When you set out your blue, green, and black carts properly, you're helping to ensure safe and efficient operation of The City's waste collection trucks. That includes how you park on the street outside your home, especially in cul-de-sacs. A few simple reminders will help make everyone's day go smoothly:

Parking in a cul-de-sac:

- All vehicles must be parallel parked with passenger side wheels to the curb, unless there are signs permitting angle parking. This helps collection trucks reach your carts and turn around in a cul-de-sac.
- Place your carts on flat ground, one metre away from your vehicle if parked on the street.
- Improperly parked vehicles block driveways for residents and restrict access for emergency and waste management vehicles.

Parking in an alley:

- Do not block the end of a closed alley with parked vehicles. Collection trucks need space to turn around safely.

These simple but important steps help ensure safe and efficient cart collection.

Learn more at calgary.ca/cartplacement.





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Do you know a young person thinking about suicide?

Skills for Safer Living is a free four-week support group program for youth ages 12-24 with thoughts of suicide and their caregivers being offered by Centre for Suicide Prevention and community partners. A separate caregiver group will run at the same time and location.

This program is funded by the Government of Alberta and FCSS Calgary.

Learn more: www.suicideinfo.ca/workshops



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