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Sandstone-MacEwan Community Association

1100 Berkshire Blvd. NW
 Calgary, AB – T3K 3M3
 macsand@macsand.ca | www.macsand.ca

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SANDSTONE MACEWAN COMMUNITY ASSOCIATION

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Member at Large (Airport Liaison)	Trevor Bacon
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Sandstone/MacEwan Community Association Meetings

are held the 3rd Tuesday of the month
at 7:00PM at the Berkshire Citadel-Sandarac Drive, NW
Everyone is welcome to attend.



AREA SCHOOLS

Monsignor Neville Anderson Elementary K-6	
Year Round School Option	403-500-2094
Simons Valley Elementary K-6	403-777-6660
Simon Fraser Junior High	403-777-7290
St. Joseph (Yr. Round Jr. High)	403-500-2009
St. Margaret (K-9 Spanish program)	403-500-2025
Notre Dame High School	403-242-1801
École Terre des Jeunes (K-6 French)	403-247-2458
Ste-Marguerite-Bourgeoys (s)(K-12 French)	403-240-2007
École de la Rose sauvage (7-12 French)	403-230-3112
St Dominic Fine Arts Elementary	403-500-2058
Queen Elizabeth High	403-777-6789
John G. Diefenbaker	403-274-2240
Hidden Valley Elementary (K-3 French)	403-777-7236
Dalhousie School (K-5 Spanish Bilingual)	403-777-6030
Valley Creek Middle School (4-9 French)	403-777-7995
Senator Patrick Burns School (6-9 Spanish Bilingual)	403-777-7400
William Aberhart High School (10-12 French Immersion/Spanish Bilingual)	403-289-2551

Editorial 10th
Content DEADLINE

of each month
for the next
month's issue

Sarah Meagher-Bromley
smeagherbromley@gmail.com

SMCA PRESIDENT'S LETTER

This is my first letter as the President of the Sandstone MacEwan Community Association (SMCA). Darren Way (now Past President) served as President for the past four years. Joy Zimmerman continues in her role as Vice President and Phil Nantais is second Vice President. Gabe Bakos continues to be our Treasurer and Willa Wu is our Secretary.

I have been involved in the SMCA for several years and have been asked at various functions what the Association does for the citizens of Sandstone and MacEwan Glen and why they should invest in a membership (\$20.00 per household per year, or \$50.00 per household for three years)? It is an excellent question and one the board keeps front and centre when we do our yearly planning. We have recognized in our discussions that the board does not celebrate our efforts enough publicly and we have set out to change this.

For example, this month and moving forward you will see some of the specific associations the SMCA supports with photos of our donations. While we are pleased to support various initiatives, nothing is for free and there is an expectation that sweat equity will be provided by volunteer hours for the SMCA whether it be at our casino, rink maintenance, community clean up or music in the park.

In the coming months I will highlight various activities that occur in our neighbourhood and continue to encourage your involvement.

We do not have an association building so we extend much of our efforts around the pleasure and hockey rinks. There is an excellent volunteer group that maintain both rinks and I will highlight their efforts in another newsletter. For the first time this year we strung lights around the hockey rink and the response from the community has been extremely positive.

For the past two years the SMCA has paid to have a porta-potty installed at the rink and we received very good feedback from folks. We dealt with minor vandalism that resulted in a cost for us to have the company come and clean it up. In June however, vandals torched the porta-potty which also resulted in significant damage to the hockey rink that it was secured to. The SMCA incurred unanticipated costs but more so, the criminal act of

Arson was seen as far more unsettling to us than what was earlier viewed as silly pranks. Prior to the Christmas break we paid to have security cameras installed at the rink that offer a panoramic view of the entire area. The video feed from any future vandalism will be immediately forwarded to the Calgary Police Service for investigative purposes.

Please keep a watchful eye on your community and call 311 if you notice anything that requires attention (graffiti, vandalism, etc).

For any questions about your community including volunteering, or information about purchasing a membership, please check out the website at macsand.ca or contact us at macsand@macsand.ca

Happy Saint Patrick's Day, Spring Break and Easter!

*Sue Coatham
President Sandstone MacEwan Community Association*

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News from the Friends of Nose Hill

by Anne Burke

The goal of Nose Hill Park is to perpetuate the natural character of the landscape while providing compatible, quality recreational opportunities (Nose Hill Natural Area Management Plan 1994). Some of these are hiking, cycling, running, and dog-walking. However, there is work to do in protecting this precious natural grassland through conservation of its ecologically significant areas.

A restoration plan was proposed to close park trails with damaged vegetation; for rehabilitation and reseeding; removing priority areas of brome and replacement with native grasses. Now there is potential for re-populating wildlife, ground-nesting birds such as the sharp-tailed grouse.

WE'VE MOVED!

The Constituency Office of Karen McPherson, MLA for Calgary-Mackay-Nose Hill has moved. We are pleased to be located in the Beddington Co-Op Centre, at #106, 8220 Centre Street NE. Please stop by weekdays between 9 am and 4:30 pm for a visit. Our phone number and email address remain the same, at 403.215.7710 and calgary.mackay.nosehill@assembly.ab.ca.

Nose Hill is important to people and their wellness, especially during times of economic stress and strain; it is a source of wildlife and bird study, historical resources, green space for nature, and outdoor activities. The Hill is a winter birding location for certain species, particularly raptors. In summer the prairie habitat attracts 14 species of sparrow. It is an accessible area for native grassland. Some species are no longer present due to changing vegetation, human impact, and the overall decline in grasslands.

The International Union for the Conservation of Nature provides for diversity of species and ecosystems. This applies to animals, plants, habitat, and genes from land, sea, and other aquatic ecosystems.

The Biodiversity Policy was approved by Council in March, 2015. There are four principles: ecological literacy, resilience, collaboration, and integration. The first is to support biodiversity by knowledge and understanding about ecology, personal stewardship, and Calgary's natural heritage.

The Advisory Committee on Biodiversity meets monthly and one subcommittee fosters ecological literacy, which means to promote public understanding of biodiversity and ecology to encourage positive actions that support environmental conservation.

Some commitments are:

- Develop volunteer initiatives and education programs to support stewardship and conservation with schools, communities, and citizens.
- City staff, Council, businesses, and communities access training and information to promote the goals of biodiversity conservation, through buying practices, building and site design, open space planning and management. This includes an awareness of invasive species (weeds), habitat fragments and loss, and indirect pressures on biodiversity which cause ecological disruption.
- Set objectives and targets for conservation across appropriate initiatives. Three new on-the-ground initiatives will be implemented within the ten years of the program.
- Make biodiversity common in City decision-making. The aim is to restore degraded habitats and manage biodiversity of Calgary's open space and neighbourhoods.



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Consider giving a guide to a family member, friend or neighbour, along with a FREE Calgary Public Library card. They are available at all community libraries and online at calgarylibrary.ca/card.



Albert Einstein was often asked to explain the general theory of relativity.

"Put your hand on a hot stove for a minute, and it seems like an hour," he once declared. "Sit with a pretty girl for an hour, and it seems like a minute. That's relativity!"



"For thousands of homeowners, polybutylene plumbing has become a recurring nightmare."

- Ed Bradley, CBS-60 Minutes

Polybutylene (also known as PB or Poly-B) pipe is a flexible, grey pipe that was used in several million homes built from 1970 to the mid-1990s. Due to problems with leaks, Poly-B water pipes are no longer accepted by United States or Canadian building codes and have been the subject of class action lawsuits in both countries. Poly-B fails without warning because it breaks down from the inside of the pipe over time, which can result in sudden catastrophic damage or severe structural damage including mold if a pipe has been leaking for some time without detection. The older the pipe, the more likely it is to fail. Not replacing Poly-B in a home has a 60% probability of failure within 20 years, which further increases over time.

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YYC and NAV CANADA Open House Meetings December 2015 and January 2016

Several representatives from YYC and NAV CANADA hosted open houses this past December and January to communicate proposed changes to current flight paths at the north and south ends of the city (RNP Approaches). We would like to thank YYC, NAV CANADA and everyone who came out to learn and voice concerns.

These open houses were focused on RNP flight paths, but the key interest to many attendees was the original 2014 flight path changes, and seeking options to address the noise impact that high frequency, low flying planes are having on communities.

The following are two options that were frequently voiced, and ideas we would like to have further discussions with NAV and YYC to reduce the constant impact to West Calgary communities:

1. Spread the flights out across many communities rather than substantially impacting just some (similar to the previously spread out paths prior to 2014). As global aviation transitions to concentrated flight paths, this is the direction NAV CANADA is instructed to proceed. Therefore, the “spread out” solution is currently not being explored. We believe this is the fairest long-term solution to this issue, which is occurring in many cities across Canada and the world.
2. Utilize less populated areas for flights when possible. NAV CANADA stated this is difficult for our area due to the conflict between arriving and departing flights. NAV CANADA’s explanation was difficult to visualize and understand. We would like to see fully explored studies involving this.

Attendees brought up the topic of legal compensation if a solution was not identified. Lawsuits exist in the US over the introduction of concentrated flight paths, and legal settlements have been awarded in Europe. To avoid this, YYC is very open to hearing concerns and suggestions. A satisfactory outcome is more likely if **residents actively vocalize their concerns**. To do this, visit www.yyc.com or www.wcatc.ca.

A solution is required, as air traffic over West Calgary will increase in the future. This is not an easy issue, but it is not impossible to come to a fair compromise to solve the negative effects of air space change. This will require the aviation industry to listen to communities, achieve a better understanding of life under concentrated flight paths, to fully understand the effects on physical/mental health, and the real cost to property/domestic life. We encourage NAV CANADA to become world leaders in this and successfully find safe solutions for everyone in the air, as well as on the ground.

West Calgary Air Traffic Concerns
www.wcatc.ca

BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 14

YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

- **April 1 - Taste of Bragg Creek:** Taste of Bragg Creek returns for its fourth year and showcases some of the best that local restaurateurs, caterers and food and liquor merchants have to offer. www.tasteofbraggcreek.ca
- **April 6 - Video Games Live: Bonus Round!:** This concert is a combination of synchronized lights, lasers, video clips and live music from some of the world’s most popular games performed by the Calgary Philharmonic Orchestra. www.calgaryphil.com
- **April 6 to 17 - Canmore Uncorked:** This mountain food and drink festival is 12 full days of special set-price menus, cooking classes, progressive dinners and cooking events. www.tourismcanmore.com
- **April 11 to 13 - Dance at Noon:** The junior students in the University of Calgary Dance program’s choreography and performance concentration showcase their original compositional work. www.scpa.ucalgary.ca
- **April 11 to 17 - Calgary Underground Film Festival:** The festival has been carefully programmed to include thought-provoking, entertaining and sometimes obscure movies of all genres that defy conventions. www.calgaryundergroundfilm.org
- **April 15 to 17 - Dreams of Broadway:** 26 performers and 31 hit Broadway songs collide in this inaugural production by Imagine Performing Arts! This whirlwind production will have you laughing, crying and dancing in your seat! www.musicandplay.ca
- **April 22 to 24 - The Adventures of Robin Hood:** Unleash your imagination and follow the adventures of a band of brothers looking to rob the rich to help the poor. www.vertigotheatre.com
- **April 26 to 29 - Annie:** The well-loved, family-friendly musical Annie is based on the popular comic strip Little Orphan Annie. It’s a feel-good production with the same energy and warmth of the original. www.calgary.broadway.com
- **April 28 to May 1 - Calgary Comic and Entertainment Expo:** For four days, Calgary celebrates science fiction, comic books, film, television, horror, fantasy, pop culture and more. www.calgaryexpo.com

APRIL 8 TO 9 DANCE AT NIGHT:

The senior students in the University of Calgary Dance program’s choreography and performance concentration showcase their final presentations of the year. www.scpa.ucalgary.ca



APRIL 10 TO 11 EXTREME PLANET WITH PHOTOGRAPHER CARSTEN PETER:

Experience some of the most extreme environments on this planet with photographer Carsten Peter as your guide. Go into active volcanoes in the South Pacific and chase a storm along Tornado alley. www.artsccommons.ca



APRIL 14 THE VIEW FROM BEHIND BARS – AN EVENING WITH PIPER KERMAN:

Spend a special evening with Piper Kerman, best-selling author of *Orange Is the New Black*, *My Year in Women’s Prison* and inspiration behind the award-winning Netflix series. www.facebook.com/Elizabeth-Fry-Society-of-Calgary-232422026837022/





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SANDSTONE-MACEWAN



The following statistics were provided by Cst. Benzy Bawal of the Calgary Police Service. The purpose of this information is to provide the community with information about criminal activities that have taken place during the past month in Sandstone/MacEwan. If you have any information about any of the activities listed contact the Calgary Police Service at 403-266-1234 or if you witness a crime in progress call 9-1-1.

SANDSTONE VALLEY

Offence: Break and Enter – House

Between January 16, 2016 17:00 and January 17, 2016 at 08:30 at 100 blk SANDRINGHAM RD NW
A vehicle was entered in an attached garage at a single family residence, the culprit entered through an unlocked door and the vehicle was ransacked.

Offence: Break and Enter - Shop

On January 19, 2016 between 22:00 and 23:59 at 0 blk SANDERLING RI NW
A commercial construction trailer was broken into on the driveway of a single family residence. The culprit entered through an unlocked door.

Offence: Break and Enter – Other

On January 6, 2016 between 08:00 and 21:00 at 0 blk SANDSTONE RI NW
A detached garage at a single family residence was entered using an unknown method of entry. The culprits used a vehicle to remove property from the garage.
Between January 9, 2016 at 23:30 and January 10, 2016 at 06:00 at 100 blk SANDSTONE WY NW
A detached garage at a single family residence was entered through an unlocked door. The culprits used ransacked a truck in the garage and used a garage door opener to remove property into a vehicle.

Offence: Theft of Vehicle

On January 4, at approximately 19:00 at 100 blk SANDSTONE RD NW

BLOCK WATCH

A truck was stolen from the road at a residence, the unknown culprit entered through an unlocked door.
On January 11, 2016 at 22:22 at 0 blk SANDARAC DR NW
A car at a gas station was stolen, the culprit used a key and ransacked the vehicle.
On January 19, 2016 at 21:22 at 0 blk SANDARAC DR NW
A truck in the parking lot of a gas station was stolen, the culprit used a key that was left in the vehicle.

Offence: Theft From Vehicle

On January 12, 2016 between 01:00 and 05:00 at 9200 blk SANTANA CR NW
A car at a single family residence was broken into and the vehicle was ransacked. The culprit pried/forced the door to gain entry.
Between January 3, 2016 at 14:00 and January 4, 2016 at 06:30 at 0 blk SANDARAC WY NW
A van on the driveway at a single family residence was broken into and the vehicle was ransacked. The culprit used an unknown method of entry.
Between January 16, 2016 at 16:00 and January 17, 2016 at 08:30 at 100 blk SANDRINGHAM RD NW
A car at a single family residence attached garage was broken into and the vehicle was ransacked. The culprit entered through an unlocked door.
On January 12, 2016 between 08:00 and 11:30 at 0 blk SANDSTONE RI NW
A van on the street at a single family residence was broken into and the vehicle was ransacked. The culprit used an unknown method of entry.
Between January 3, 2016 at 22:00 and January 4, 2016 at 07:35 at 100 blk SANDARAC WY NW
A truck in the alley/lane of single family residence was broken into and the vehicle was ransacked. The culprit entered through an unlocked door.
Between January 8, 2016 at 17:30 and January 11, 2016 at 08:00 at 200 blk SANDARAC PL NW
A car on the street of a single family residence was broken into and the vehicle was ransacked. The culprit entered through an unlocked door.
Between January 20, 2016 at 10:00 and January 28, 2016 at 15:15 at 100 blk SANDARAC WY NW
A car on the street of a single family residence was broken into and the vehicle was ransacked. The culprit entered through an unknown method.
Between January 29, 2016 at 19:00 and January 30, 2016

11:30 at 0 blk SANDSTONE RD NW
A van on the street at a single family residence was broken into and the vehicle was ransacked. The culprit used an unknown method of entry.

Offence: Vandalism

Between January 29, 2016 at 18:30 and January 30, 2016 10:30 at 1100 blk BERKSHIRE BV NW
A window was broken on a local church building, the culprit used a rock or brick.

MACEWAN GLEN

Offence: Break and Enter - House

On January 31, 2016 between 04:00 and 04:30 at 0 blk MACEWAN GLEN DR NW
A detached garage at a single family residence was entered through an unlocked door. The culprits used ransacked a truck in the garage and used a garage door opener to remove property into a vehicle.

Offence: Theft of Vehicle

January 1, 2016 at 21:50 at 100 blk MACEWAN DR NW
A vehicle was stolen from the street/road, the culprit used a key.

Offence: Theft From Vehicle

Between January 4, 2016 at 18:00 and January 5, 2016 at 09:45 at 0 blk MACEWAN GLEN CL NW
A car on the street of a single family residence was broken into and the vehicle was ransacked. The culprit entered through an unknown method.
On January 31, 2016 between 04:00 and 04:30 at 0 blk MACEWAN GLEN DR NW
A truck at a single family residence attached garage was broken into and the vehicle was ransacked. The culprit entered through an unlocked door.



Caring For Your Elderly Pet



People are living longer with better health care, nutrition, and overall improved living conditions, and so are our pets. I see pets in their late teens regularly and geriatric medicine is advancing in leaps and bounds. Never dismiss changes in your older pet as “just part of getting old” as these may be changes we can treat. Preserving quality of life for both us and the furry ones should be our objective.

If you can equate one year of aging in a person to seven in a dog, an annual examination for a pet is like you being seen every seven years by your doctor. Annual examinations are imperative and even bi-annual examinations maybe recommended. Veterinarians discuss history, changes in food and water consumption as they examine your pet for masses, aches and pains, and anything that raises concern. This includes rotten painful teeth. Health care starts with the examination.

Diet is the cornerstone of any older pet’s health needs. An older pet has a slower metabolism and sleeps more. Don’t justify weight gain by saying “but treats are all he enjoys now”. An obese pet has difficulty moving, arthritic joints have to work harder, and stress is placed on all organs including the heart, lungs, liver, and kidneys. It’s easier if a pet is fit and not wheezing with exertion.

Switch a pet to a geriatric diet around 8 to 10 years of age in cats and small dogs, in large dogs earlier. Specific diets have been formulated for pets suffering from kidney, liver, and heart disease. Some diets are for joints and include products for enhanced mobility. There is even a diet to try and slow the progress of canine dementia.

Unlimited water is imperative in the elderly pet. Kidneys are fragile. If your pet begins to drink and urinate ex-

cessively this is an early symptom of many serious, but often treatable, geriatric diseases.

People use physiotherapy or try alternative therapies for aches and pains. These therapies are equally beneficial to our pets. Old bodies get relief with heat packs, massage, range of motion exercises, and physiotherapy. Acupuncture, cranio-sacral therapy, chiropractic medicine, and numerous herbal and homeopathic formulas are used successfully to treat old joints, muscles and bone. To this end remember five or 10 minutes gentle exercise three times daily is preferable to 40 minutes of intense exercise with fragile pets. Like you pets stiffen up and hurt! Older pets have a much reduced tolerance for heat and cold extremes.

Because they don’t exercise as much, some older cats and dogs tend to need their nails trimmed more often. Elderly pets find it more difficult to groom and may need more help. Cats may not be able to contort themselves to reach places on their backs and hind end and fur can become matted.

Older pets may become crankier if sore and maybe are more easily startled if their hearing and sight is failing. Try to make allowances, especially where children are involved, don’t startle or pounce on elderly pets.

There are many anti-inflammatory and painkillers now on the market for older dogs and cats to reduce pain. Older pets deserve a comfortable and gentle retirement, but if all of your best efforts can no longer maintain your friend in a comfortable state and there are many more sick painful days than not, knowing when to say goodbye is the least selfish thing you will ever do for an old loved companion.

Jennifer L. Scott, D.V.M.

Are You Scheduled Or Just Completed Joint Replacement Surgery?

By Penny Hodgson C.H.N. C.T.C.



If your joint has deteriorated to the point of requiring surgery, consider the following:

- 1. Acute Pain** from the degraded joint and surgery can **disrupt digestion**, which can prevent certain nutrients from getting into your system.
- 2. Mineral depletion**, caused from the body trying to maintain and even repair the joint on its own, is not usually replenished without the added use of a variety of mineral supplements. Analysis of mineral deficiencies will indicate the appropriate amount of nutrients needed to replenish bone stores and fortify the new joint.
- 3. Chronic pain, worry and stress** cause strain on the adrenal glands by keeping your body in a fight or flight response. Nutrients that support the adrenal glands should be taken until all the symptoms of adrenal exhaustion have reduced significantly, or are gone altogether.
- 4. Certain pain relievers, antibiotics and other medications** (anaesthetic, relaxants etc.) can further disrupt the digestive process, reduce the level of beneficial bacteria needed for a healthy intestinal tract, thereby interrupting the assimilation process and preventing the uptake or even depleting your body of required nutrients.

Disrupted or reduced digestion means that the nutrients in your food, or supplements, are not being absorbed properly. No matter how healthy you think you are eating, or how many supplements you are taking, until your digestive process is functioning normally your body is not getting the required nutrients for optimal healing.

In some cases, disrupted digestion can lead to other issues like intestinal inflammation and leaky gut syndrome. An imbalanced intestinal system can lead to excessive weight gain, food allergies and intolerances, unexplained aches and pains, fibromyalgia, and chronic fatigue syndrome just to name a few.

Don’t forget that doctors and other health care practitioners such as physiotherapists and massage therapists are focused on the task at hand. Nutrition has become a specialized therapy, and proper nutritional guidance requires that a doctor or therapist has studied or specialized in nutritional science.

Along with proper nutrition, the body requires the right amount of exercise in the right way. If you have had joint replacement surgery, seeking the counsel of a physiotherapist to ensure you are performing the required exercises properly is a good idea, even if you exercise regularly. Physiotherapy is usually prescribed by the surgeon to ensure exercises are done properly, so as to not jeopardize the new joint.

In order for muscles to heal properly, good blood circulation is required to deliver the much needed nutrients to the damaged tissue. Massage therapists can help ensure proper circulation and also stimulate lymph flow, which is also an important factor in the healing process.

Emotional health can also be affected by stress resulting from long surgery waiting times, fear of upcoming surgery, fear of pain, and financial strain as a result of having to take time off work. Talking with a trained therapist can help you find your way back to positive emotional wellbeing.

Nurturing your spirit will also help your body heal. Stress and pain can sometimes become so paramount in your day that your usual Spiritual practice gets put aside. In some cases, you might question why you have been put through such an ordeal or blame God for your situation. In these cases, seeking help from an elder that shares your beliefs might bring much needed insight into your situation.

Penny Hodgson is certified in Holistic Therapeutic Counseling and Holistic Nutrition

BUSINESS CLASSIFIEDS

NEPTUNE PLUMBING & HEATING LTD: Qualified journeymen plumbers/gasfitters, very experienced in Sandstone and MacEwan. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24 hour emergency service call 403-255-7938. "Showering you with great service."

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HOME BUSINESS OPPORTUNITY: Clinicair is the leading provider of Indoor Air Quality and Medical Grade Duct Cleaning services in Canada. We are looking for a dealer in Calgary to represent our growing company. We offer a royalty free business. Clinicair supplies you with the latest technology, and training. Call Craig: 1-416-277-6067.

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.

NORTHWEST ELECTRICIAN/PLUMBER: Professional and affordable electrical installations/repairs. Install lights, ceiling fans, switches and outlets, appliances, garage sub-panel, renos and basement development. Replace noisy bathroom fans. Plumbing: toilets/sinks/garburators and dishwasher installs plus basement development. Licensed, certified, insured. Seventeen-year resident of Hidden Valley NW. <http://ca.linkedin.com/pub/nick-dabrensky/8/1b1/7b5/>. Bryan Baeumler Approved. Nick 403-471-5553 or dabrensky@telus.net.



224 Sandstone Scout Group

The 224 Sandstone Scouts would like to thank the Sandstone – MacEwan residents for their continued support. The Scouts have had 2 of the best bottle drives in our history. Your participation and patronage of our fund raising activities is greatly appreciated. To date, each Scout sections have had fall and winter camps, been to numerous out trips such as archery, bowling, swimming and day hikes just to list a few.

Our next bottle drive will be on Saturday April 9, 2016. You can leave your bottles at the curb, on your front steps or wait until we come knocking. If you wish a bottle pick-up earlier, send us a e-mail at 224SandstoneScouts@gmail.com and we will make arrangements to collect.



SUDOKU

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

McKnight Hockey donation



Caley Young from SMHC-HV receiving a donation from Sue Coatham on behalf of the Sandstone MacEwan Community Association, to support McKnight Hockey players from Sandstone and MacEwan Communities.

Scouts Group donation



Scouts Troop #224, with Peter Adams and Pinky Nantais, accepting \$3500 cheque from the Sandstone MacEwan Community Association.



Waypoints: the New YYC website

We are pleased to introduce YYC's Waypoints, the easiest way to stay up-to-date on what is going on behind the construction walls at YYC. Waypoints is your best source for the all the latest news on the new International Terminal as we near the final approach to its opening later this year.

Check Waypoints for stories, videos and up-coming volunteering opportunities:
<http://www.yyc.com/calgaryairportauthority/newinternationalterminal/news.aspx>

And remember to stay tuned if you want to be among the first to get YYC breaking stories as they happen.

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Calgary Airport Authority
community@yyc.com



A bird requires more food in proportion to its size than a baby or a cat.



MLA CALGARY-MACKAY-NOSE HILL KAREN MCPHERSON

Current Member
(403) 215-7710
calgary.mackay.nosehill@assembly.ab.ca

By the time you are reading this, my colleagues and I will be preparing to return to the Legislature for the Spring 2016 Session. There are many challenges ahead of us this session, and I look forward to being your advocate, and representing the concerns of the people of Calgary-Mackay-Nose Hill. I know that you are concerned about the economy and effects of the price of oil on all of us, as am I. We will soon be preparing the Spring 2016 Budget, and I welcome any and all of your comments. Please contact my office for details on a Budget Open House in the riding, which we are scheduling at this writing.

Despite Session being in recess since December, it has been a busy time. There are several Government initiatives since the beginning of this year that I am pleased to tell you about. On January 21st we announced additional support for high-tech innovation and research, in the form of additional funding for Alberta's high-tech

businesses to create a more diversified and resilient economy. The Enhanced Innovation Voucher and Small and Medium-sized Enterprises Support program will receive \$5 million in additional funding to help small innovative and technology-based businesses gain access to services and expertise they need to get their ideas and products to market. Stimulus initiatives like this are vitally important in the current economic climate; the significant drop in commodity prices has of course had a tremendous effect on Alberta, and while we do not control oil prices, we can control our response.

The Standing Committee on Families and Communities, of which I am a member, has been seeking public input on the changes introduced by the Mental Health Amendment Act, 2007. Mental health is an issue that affects many Albertans, and as such it is critical that all Albertans have the opportunity to join these discussions. While the 'official' consultation period has ended, I would be pleased to have your input.

The Royalty Review Advisory Panel's recommendations came down at the end of January, and your Government will begin work this spring to put the Panel's recommendations into effect beginning in 2017. The adoption of these recommendations will create a simpler, more transparent and efficient system that encourages job creation and investment, rewards innovation and increases returns to the province over time. The panel determined that Alberta's royalties are comparable to similar jurisdictions, but the industry's costs are substantially higher. As a result, a modernized framework that sets a drilling cost allowance for wells according to an industry-wide average is recommended. The new royalty system will reward producers who reduce drilling costs below the industry average through innovation. Over time, the effect of the change will be to grow net revenues industry-wide, which in turn will increase total royalties to the province.

We have also taken a significant step toward diversifying our economy: the new Petrochemicals Diversification Program is part of the government's continued action on the economy, helping to create jobs, attract investment and diversification. It will encourage companies to invest in the development of new petrochemical facilities by providing royalty credits. The program is expected to support the construction of several petrochemical facilities that use methane or propane to produce the materials for products that include plastics, detergents and textiles.



COUNCILLOR, WARD 4 SEAN CHU

403-268-3727 • ward04@calgary.ca
www.calgary.ca/ward4

Greetings Ward 4 Residents,

Cool camps for your little critters

Send your kids on an action-packed nature adventure this spring break! The City of Calgary's nature day camps connect children with the natural world through hands-on activities and outdoor play. Campers will explore the exciting world of bugs, birds, plants and animals, and gain a better understanding of nature and their place within it.

Spring nature day camps run from Monday, March 21 to Thursday, March 24 and are located at the Inglewood Bird Sanctuary, Ralph Klein Park and Devonian Gardens.

Nature Fun Camps, designed for children 4 and 5 years old, introduce preschoolers to the natural world using games, crafts and stories. Camps run from 9 am to noon and are \$92 per child.

Nature Spring Camps, designed for children ages 6 to 10, focus on nature's amazing transformation during the spring season, including insect, plant and animal adaptations. Camps run from 9 am to 4 pm and are \$180 per child.

The City of Calgary also offers nature day camps during July and August for children 4 to 12 years old. These week-long adventures are offered at the Inglewood Bird Sanctuary. Half- and full-day camps are available. Summer camp registration begins February 29.

Worried about childcare? We have you covered. Before- and after-camp care is available upon request at a cost of \$25 per timeslot.

For more information or to register for a spring nature camp, visit calgary.ca/parksguide or call 403-268-3800.

Youth Employment Centre Hiring Fair

Looking for a job? Visit the FREE Youth Employment Centre Hiring Fair on Tuesday, April 5 from 1:30 pm to 6:00 pm at the Big Four Building. Connect with employers offering hundreds of positions that need to be filled now. Dress to impress and be prepared to be interviewed.

Get a job and start your dream career at Calgary's only hiring fair exclusively for youth ages 15-24. Visit nextSteps.org for more information and to view the list of employers attending the event.

Calgary AfterSchool

Calgary AfterSchool offers free, fun, safe, supervised, and



MP CALGARY NOSE HILL HON. MICHELLE REMPEL

Phone: 403-216-7777
Email: michelle.rempel@parl.gc.ca
Website at www.michellerempel.ca

As the 1st session of the 42nd Parliament resumes, I will continue to be a strong voice on your behalf in Ottawa, representing the interests of Calgary Nose Hill. In these uncertain economic times, it is necessary to be vigilant in holding the government to account, both for the manner and the amount of your money that they are spending. I will remain consistent in calling for a balanced and prudent approach to the federal budget.

Within the riding, I have already begun meeting with our community association presidents to discuss issues of local importance such as federal infrastructure spending on projects like the LRT Greenline, and I will continue meeting with our provincial and city representatives on matters that cross governmental boundaries.

The current downturn in the energy sector in Alberta has affected many of you or your families, and the following federal government contacts may be of interest to you.

- Service Canada general enquiries: 1-800-622-6232
www.servicecanada.gc.ca
- Service Canada job bank: www.servicecanada.gc.ca/eng/sc/jobs/jobbank.shtml
- Unemployment insurance (EI) general enquiries: 1-800-206-7218
- Canada Pension Plan and Old Age Security general enquiries: 1-800-277-9914

As always, my constituency office remains available to provide the usual services for the people of Calgary Nose Hill and I hope that you will feel free to contact my office with any issues or concerns you may have. Please contact me at: 403-216-7777, michelle.rempel@parl.gc.ca or visit my website at www.michellerempel.ca.

quality after school programs for Calgary kids aged 6 to 16. A collaborative effort between The City of Calgary and community partners, Calgary AfterSchool programming takes place during the critical hours of 3:00 pm – 6:00 pm, when kids are out of school, but parents may not yet be home. Calgary AfterSchool participants gain physical, social, leadership and creative skills.

For more information, including a listing of all programs, visit calgary.ca/afterschool.

Best regards,

Councillor Sean Chu

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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:
\$20 per household per year, or \$50 for a 3 year membership
Make cheques payable to
Sandstone/MacEwan Community Association

Mail or deliver to:
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 Calgary, Alberta T3K 3M3

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 Card # Issued: _____ New/Renewal
 Init: _____ Cash/Cheque
 Source: _____ Rectified if Assoc:



CALGARY MOUNTAINVIEW LIONS CLUB

Meets at the Triwood Community Hall on the
second and fourth Tuesday of each month.
 Serving Northwest Calgary, open to all
 men and women of legal age.
For more information please call:
John Wilson 403-932-6043

Calgary





FREE tree education

The City of Calgary ReTree Program will be visiting your community this spring, offering **tree education programs** for you to learn tips to care for your trees.

At these events, you are also invited to give feedback about your community's urban forest. Throughout the year, our teams will be back to plant City trees.

Contact your Community Association
by phone or visit their website to learn
more about these FREE programs.

Visit calgary.ca/trees for more information about the ReTree Community Program.

2016-0485



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